



## Elgin Blue Wave Workout

Wednesday 5/3/17

Workout Total

5400

| Reps | x | Yds | Exercise    | Interval | Rest |
|------|---|-----|-------------|----------|------|
| 1    | x | 500 | swim        | 500      | 0    |
| 1    | x | 300 | kick choice | 300      | 0    |
| 1    | x | 200 | drill       | 200      | 0    |
| 3    | x | 500 | sw/pull/sw  | 1500     | 20   |
| 3    | x | 400 | sw/pull/sw  | 1200     | 20   |
| 3    | x | 300 | sw/pull/sw  | 900      | 20   |
| 3    | x | 200 | sw/pull/sw  | 600      | 20   |
| 1    | x | 200 | easy        | 200      | 0    |