



Elgin Blue Wave Workout

Sunday 5/7/17

Workout Total

4800

Reps	x	Yds	Exercise	Interval	\Rest
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
12	x	50	im drill	600	10
5	x	100	free	500	1,15
1	x	400	pull	400	0
7	x	100	free	700	1,15
1	x	300	pull	300	0
12	x	50	im	600	50
1	x	200	easy	200	0