



Elgin Blue Wave Workout

Monday 5/8/17

Workout Total

4800

Reps x		Yds	Exercise	Interval\Rest	
1	x	800	swim	800	0
1	x	400	im drill	400	0
5	x	300	swim	1500	3,45
8	x	25	choice	200	25
1	x	600	pull	600	0
5	x	100	free	500	1,20
3	x	200	kick	600	0
1	x	200	easy	200	0