



Elgin Blue Wave Workout

Monday 5/15/17

Workout Total

5600

Reps	x	Yds	Exercise	Interval\Rest
1	x	700	swim	700 0
1	x	600	pull	600 0
1	x	600	kick	600 0
8	x	25	im	200 25
8	x	50	im drill	400 10
3	x	400	swim	1200 5,00
5	x	50	choice	250 45
3	x	400	swim	1200 5,00
5	x	50	choice	250 45
1	x	200	easy	200 0