



Elgin Blue Wave Workout

Wednesday 5/17/17 Workout Total 4600

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
1	x	300	streamline kick	300	0
8	x	75	im-kick/dr/sw	600	15
1	x	1000	swim	1000	0
12	x	50	choice	600	45
4	x	200	pull	800	2,30
1	x	100	easy	100	0
12	x	25	choice	300	25
1	x	100	easy	100	0