



## Elgin Blue Wave Workout

**Sunday 5/21/17**

**Workout Total**

**3900**

Reps x	Yds	Exercise	Interval\Rest
1 x	700	swim	700 0
4 x	25	goggle in/out	100 0
1 x	100	l arm up/r side with fins	100 0
1 x	100	r arm up/l side with fins	100 0
4 x	25	free wi fins	100 15
24 x	100	8fr/8 pull/8 choice	2400 1,20
1 x	100	easy	100 0
8 x	25	choice	200 25
1 x	100	easy	100 0