



## Elgin Blue Wave Workout

| Monday Date | 5/22/17 |   |     | Workout Total     | 4400          |
|-------------|---------|---|-----|-------------------|---------------|
|             | Reps    | x | Yds | Exercise          | Interval\Rest |
|             | 1       | x | 700 | swim              | 700 0         |
|             | 1       | x | 200 | bk drill new ones | 200 0         |
|             | 12      | x | 25  | im drill          | 300 10        |
|             | 1       | x | 800 | swim              | 800 0         |
|             | 1       | x | 800 | kick              | 800 0         |
|             | 1       | x | 800 | pull              | 800 0         |
|             | 1       | x | 800 | swim              | 800 0         |