



Elgin Blue Wave Workout

Wednesday 5/24/17

Workout Total

4200

| Reps | x | Yds | Exercise | Interval | Rest |
|------|---|-----|------------------|----------|------|
| 1 | x | 800 | swim | 800 | 0 |
| 1 | x | 200 | breastroke drill | 200 | 0 |
| 1 | x | 200 | fly drill | 200 | 0 |
| 2 | x | 100 | swim | 200 | 15 |
| 2 | x | 200 | swim | 400 | 15 |
| 2 | x | 300 | swim | 600 | 15 |
| 2 | x | 100 | kick | 200 | 10 |
| 2 | x | 200 | kick | 400 | 10 |
| 2 | x | 300 | kick | 600 | 10 |
| 1 | x | 100 | pull | 100 | 15 |
| 1 | x | 200 | pull | 200 | 15 |
| 1 | x | 300 | pull | 300 | 15 |