



Elgin Blue Wave Workout

Sunday 11/1/15

Workout Total

2700

Reps	x	Yds	Exercise	Interval\Rest	
1	x	700	swim	700	0
20	x	25	im drill	500	10
1	x	100	back drill together	100	0
1	x	100	br drill together	100	0
1	x	100	fr drill together	100	0
1	x	100	fly drill together	100	0
1	x	400	free	400	0
1	x	200	back	200	0
1	x	500	choice	500	0