



Elgin Blue Wave Workout

Monday 11/2/15

Workout Total

2600

Reps	x	Yds	Exercise	Interval\Rest	
1	x	700	swim	700	0
1	x	300	drill choice	300	0
1	x	100	free	100	15
1	x	50	st kick	50	15
1	x	200	free	200	15
1	x	100	st kick	100	15
1	x	300	free	300	15
1	x	200	st kick	200	15
1	x	100	free	100	15
1	x	50	st kick	50	0
1	x	100	fly-1/2/3/4 per swim	100	0
16	x	25	im drill	400	15

Note: 12x25 im order on 30,35,40,45 300 easy