



Elgin Blue Wave Workout

Wednesday 11/4/15

Workout Total

3500

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	400	im drill	400	0
1	x	400	swim	400	30
1	x	200	pull	200	30
1	x	400	swim	400	30
1	x	200	pull	200	30
1	x	400	swim	400	30
1	x	200	back	200	0
5	x	100	breast	500	25
1	x	100	easy	100	0