



Elgin Blue Wave Workout

Monday 11/9/15

Workout Total

3200

Reps	x	Yds	Exercise	Interval\Rest
1	x	700	swim	700 0
20	x	50	kick/drill	1000 15
8	x	100	free	800 20
8	x	50	fly/free	400 20
4	x	50	br/fr	200 15
1	x	100	easy	100 0