



## Elgin Blue Wave Workout

**Wednesday 11/11/15**

**Workout Total**

**3000**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval\Rest</b>	
1	x	700	swim	700	0
0	x	0	arm nex due to lighting	0	0
1	x	500	swim	500	0
12	x	75	im kick/dr/sw	900	15
8	x	100	kick/sw/kick/sw	800	25
1	x	100	easy	100	0