



Elgin Blue Wave Workout

Monday 11/16/15

Workout Total

4050

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
4	x	25	shark	100	0
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
1	x	500	swim	500	0
1	x	200	swim	200	0
12	x	50	choice	600	25
4	x	100	im	400	25
1	x	50	easy	50	0