



Elgin Blue Wave Workout

Wednesday 11/18/15

Workout Total

4000

| Reps | x | Yds | Exercise | Interval\Rest |
|-------------|----------|------------|---------------------|----------------------|
| 1 | x | 700 | swim | 700 0 |
| 12 | x | 75 | drill im | 900 15 |
| 8 | x | 75 | kick/sw/kick | 600 15 |
| 1 | x | 300 | free | 300 0 |
| 20 | x | 50 | choice | 1000 15 |
| 1 | x | 500 | easy | 500 0 |