



## 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