



## Elgin Blue Wave Workout

**Monday 11/30/15**

**Workout Total 4000**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval\Rest</b>
1	x	500	swim	500 0
1	x	300	pull	300 0
1	x	200	kick	200 0
16	x	50	IM KICK/DRILL	800 15
20	x	50	fy/fr bk/fr ect	1000 15
16	x	50	free/choice	800 15
12	x	25	free	300 30
1	x	100	easy	100 0