



## Elgin Blue Wave Workout

Monday 11/30/15

Workout Total 4000

Reps	x	Yds	Exercise	Interval	Rest
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