



Elgin Blue Wave Workout

Monday 4/2/18

Workout Total

3400

Reps	x	Yds	Exercise	Interval\Rest	
1	x	800	warm up	800	0
1	x	100	3 sec free drill	100	0
1	x	100	3 sec back drill	100	0
1	x	100	2 sec br hold	100	0
1	x	100	single arm fly drill	100	0
1	x	200	kick no fins choice	200	0
4	x	50	choice	200	30
4	x	100	choice	400	30
4	x	200	choice	800	1,00
8	x	50	choice	400	45
1	x	50	easy	50	0
6	x	25	off the blocks	Interval\Rest 150 0	