



Elgin Blue Wave Workout

Sunday 4/8/18

Workout Total 2400

| Reps | x | Yds | Exercise | Interval\Rest | |
|-------------|----------|------------|-------------------|----------------------|-----------|
| 1 | x | 400 | swim | 400 | 0 |
| 1 | x | 400 | kick | 400 | 0 |
| 1 | x | 400 | pull | 400 | 0 |
| 8 | x | 50 | im drill- | 400 | 10 |
| 4 | x | 150 | choice | 600 | 30 |
| 4 | x | 25 | off blocks | 100 | 0 |
| 1 | x | 100 | easy | 100 | 0 |