



Elgin Blue Wave Workout

Monday 4/9/18

Workout Total 2550

Reps	x	Yds	Exercise	Interval\Rest
1	x	1000	swim	1000 0
16	x	25	im drill	400 10
8	x	25	choice	200 25
6	x	75	choice	450 30
5	x	50	choice	250 40
1	x	100	easy	100 0
4	x	25	off blocks	100 0
1	x	50	easy	50 0