



Elgin Blue Wave Workout

Wednesday 4/11/18

Workout Total 2300

Reps	x	Yds	Exercise	Interval	Rest
1	x	400	swim	400	0
1	x	400	pull	400	0
1	x	400	kick	400	0
8	x	50	im drill	400	10
1	x	100	easy	100	0
12	x	25	im	300	25
6	x	50	choice	300	40