



Elgin Blue Wave Workout

Wednesday 4/18/18

Workout Total

4300

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
8	x	75	im-kick/dr/sw	600	15
6	x	100	free	600	1,30
6	x	100	im	600	1,40
1	x	700	pull	700	0
8	x	25	choice	200	30
1	x	100	easy	100	0