



Elgin Blue Wave Workout

Monday 4/23/18

Workout Total

5000

Reps	x	Yds	Exercise	Interval\Rest	
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
16	x	25	im drill	400	10
4	x	200	choice	800	30
3	x	500	sw/pull/sw	1500	6,00
1	x	100	easy	100	0
12	x	50	choice	600	50
1	x	100	easy	100	0