



## Elgin Blue Wave Workout

<b>Wednesday</b>	<b>4/25/18</b>	<b>Workout Total</b>	<b>4400</b>		
<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval/Rest</b>	
1	x	700	swim	700	0
1	x	400	im drill	400	0
8	x	150	(100fr/50st) (100st/50fr)	1200	30
6	x	100	free	600	1,15
1	x	100	easy	100	0
3	x	200	pull	600	2,20
1	x	100	easy	100	0
8	x	50	kick w/ fins	400	45
1	x	300	easy	300	0