



Elgin Blue Wave Workout

Wednesday 4/25/18 Workout Total 4400

Reps	x	Yds	Exercise	Interval/Rest
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