Elgin Blue Wave Workout

Sunday 4/29/18 Workout Total 3700

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	100	3 sec hold free drill	100	0
1	x	100	3 sec hold back	100	0
1	x	100	3 sec hold breast	100	0
1	x	100	3r/3l/3r/3full fly	100	0
1	x	500	swim	500	40
4	x	50	stroke	200	50
1	x	500	pull	500	40
4	x	50	stroke	200	50
1	x	500	swim	500	40
4	x	50	stroke	200	50
1	x	500	pull	500	40