



Elgin Blue Wave Workout

Monday 4/30/18

Workout Total 4100

| Reps | x | Yds | Exercise | Interval | Rest |
|------|---|-----|----------|----------|------|
| 1 | x | 500 | swim | 500 | 0 |
| 1 | x | 500 | kick | 500 | 0 |
| 1 | x | 500 | pull | 500 | 0 |
| 12 | x | 50 | im drill | 600 | 15 |
| 6 | x | 200 | choice | 1200 | 2,00 |
| 5 | x | 100 | choice | 500 | 1,30 |
| 4 | x | 50 | choice | 200 | 1,00 |
| 1 | x | 100 | easy | 100 | 0 |