



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