



Elgin Blue Wave Workout

Wednesday 12/6/17

Workout Total 4100

Reps	x	Yds	Exercise	Interval	Rest
1	x	600	swim	600	0
10	x	50	kick w fins	500	1,00
1	x	100	free drill	100	0
1	x	100	back drill	100	0
10	x	50	free	500	10
8	x	25	stroke	200	15
10	x	50	free	500	10
8	x	25	stroke	200	15
10	x	50	free	500	10
8	x	25	stroke	200	15
2	x	300	pull	600	15
1	x	100	easy	100	0