



Elgin Blue Wave Workout

Monday 12/11/17

Workout Total 4600

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
4	x	100	im drill	400	10
4	x	100	st kick	400	10
1	x	500	free	500	30
5	x	100	im	500	20
1	x	500	free	500	2,00
1	x	500	pull	500	30
8	x	50	choice	400	10
1	x	500	pull	500	0
1	x	100	easy	100	0