



Elgin Blue Wave Workout

Wednesday 12/13/17

Workout Total

2950

Reps	x	Yds	Exercise	Interval	\Rest
1	x	600	swim	600	0
6	x	25	fly kick with fins	150	0
2	x	50	2 sec high elb/3 sec hold	100	0
5	x	100	free	500	1,20
1	x	50	easy	50	0
1	x	100	st kick on back	100	0
8	x	50	back	400	10
6	x	25	fly	150	30
1	x	100	br kick	100	0
4	x	75	breast	300	15
12	x	25	im	300	30
1	x	200	easy	200	0