



Elgin Blue Wave Workout

Sunday 12/17/17

Workout Total 3700

Reps x	Yds	Exercise	Interval\Rest
1	x	500 swim	500 0
1	x	500 kick	500 0
1	x	500 pull	500 0
1	x	100 3 arms/ 12 kicks	100 0
1	x	100 3 arms /12 kicks back	100 0
1	x	100 br with 3 kicks	100 0
1	x	100 3r/3l/3full fly	100 0
6	x	200 free/choice	1200 30
1	x	400 pull	400 0
1	x	200 easy	200 0