



Elgin Blue Wave Workout

Monday 12/18/17

Workout Total 3550

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	400	im kick	400	0
12	x	25	im order drill	300	10
6	x	50	free	300	50
6	x	75	im-fly/bk/br	450	1,45
1	x	600	pull	600	0
16	x	25	4fly/4bk/4br/4fr	400	40
4	x	100	easy	400	20