



## Elgin Blue Wave Workout

**Wednesday 12/20/17**

**Workout Total 3700**

<b>Reps x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval\Rest</b>
1 x	600	swim	600 0
8 x	75	im drill/kc/full	600 20
10 x	50	kick w fins choice	500 1,00
1 x	500	sprint 25 on 100	500 30
1 x	500	pull sprint the last 50	500 30
1 x	500	swim sprint 75	500 0
12 x	25	choice	300 30
2 x	100	easy	200 0