



Elgin Blue Wave Workout

Sunday 12/24/17

Workout Total 3500

| Reps x | Yds | Exercise | Interval\Rest |
|---------------|------------|-----------------|----------------------|
| 1 | x | 500 swim | 500 0 |
| 10 | x | 50 drill | 500 0 |
| 10 | x | 50 free | 500 1,00 |
| 10 | x | 50 bk | 500 1,00 |
| 10 | x | 50 br | 500 1,00 |
| 10 | x | 50 fly/free | 500 1,00 |
| 1 | x | 400 pull | 400 0 |
| 1 | x | 100 easy | 100 0 |