



Elgin Blue Wave Workout

Wednesday 2/7/18

Workout Total 3900

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
16	x	25	im kick streamline	400	10
8	x	50	im drill	400	10
12	x	50	free	600	35
12	x	50	st	600	50
1	x	100	free	100	0
4	x	100	free	400	1,15
4	x	100	stroke	400	1,45
1	x	200	easy	200	0