



## Elgin Blue Wave Workout

Sunday 2/11/18

Workout Total 5000

Reps x	Yds	Exercise	Interval\Rest
1	x	600 swim	600 0
1	x	400 kick	400 0
1	x	400 pull	400 0
8	x	75 im-drill each 75	600 20
1	x	1000 swim	1000 30
1	x	1000 pull	1000 0
2	x	400 im	800 1,00
1	x	200 easy	200 0