



Elgin Blue Wave Workout

Monday 2/12/18

Workout Total 4200

Reps	x	Yds	Exercise	Interval	\Rest
1	x	800	swim	800	0
16	x	25	im drill	400	10
1	x	200	kick with pullbouy	200	0
8	x	25	free	200	25
8	x	75	stroke	600	1,10
8	x	75	free	600	1,00
1	x	100	easy	100	0
4	x	150	100fr/50st, 100st/50free	600	15
1	x	600	pull	600	0
1	x	100	easy	100	0