



Elgin Blue Wave Workout

Wednesday 2/14/18

Workout Total 4200

| Reps | x | Yds | Exercise | Interval | Rest |
|------|---|-----|---------------|----------|------|
| 1 | x | 700 | swim | 700 | 0 |
| 4 | x | 200 | drill/kick-im | 800 | 0 |
| 6 | x | 50 | free | 300 | 40 |
| 10 | x | 100 | stroke | 1000 | 1,40 |
| 1 | x | 500 | pull | 500 | 0 |
| 16 | x | 50 | choice | 800 | 50 |
| 1 | x | 100 | easy | 100 | 0 |