



Elgin Blue Wave Workout

Sunday 2/18/18 Workout Total 3550

Reps x		Yds	Exercise	Interval\Rest	
1	x	800	swim	800	0
1	x	200	2 sec high elbow	200	0
1	x	200	bk st shark	200	0
1	x	100	br arms with fly kick	100	0
1	x	100	4 kicks 1 full fly	100	0
12	x	50	st kick w fins	600	50
8	x	25	im	200	25
1	x	400	im	400	1,00
1	x	200	free	200	30
1	x	400	im	400	1,00
1	x	200	free	200	30
1	x	150	easy	150	0