



Elgin Blue Wave Workout

Monday 2/19/18

Workout Total

3850

Reps x		Yds	Exercise	Interval\Rest	
1	x	700	swim	700	0
12	x	25	im kicking	300	10
12	x	50	im drill	600	15
6	x	25	free	150	25
1	x	1000	for time	1000	0
1	x	100	easy	100	0
3	x	200	stroke	600	30
8	x	50	stroke	400	50
1	x	100	easy	0	
	x			0	