



Elgin Blue Wave Workout

Wednesday 2/21/18

Workout Total

5000

Reps x		Yds	Exercise	Interval\Rest	
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
1	x	300	drill choice	300	0
50	x	50		2500	40
			5fr,kic,fr,fy,fr,br,fr,bk,fr,ch		x
1	x	100	easy	100	0
1	x	500	pull	500	0
1	x	100	easy	100	0