



Elgin Blue Wave Workout

Monday 2/26/18

Workout Total

4600

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
4	x	100	kick 2 on front 2 on bk	400	10
3	x	200	im drill	600	20
5	x	300	free	1500	3,45
3	x	200	pull	600	2,30
16	x	50	stroke	800	50
1	x	200	easy	200	0