



Elgin Blue Wave Workout

Wednesday 1/3/18

Workout Total 4000

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim0	800	0
16	x	25	im drill	400	10
16	x	25	im kick no fins or boards	400	10
1	x	1000	for time	1000	0
3	x	200	pull	600	15
1	x	100	easy	100	0
10	x	50	free/choice	500	50
1	x	200	easy	200	0