



Elgin Blue Wave Workout

Sunday 1/7/18

Workout Total

2850

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	pull	500	0
1	x	500	kick	500	0
1	x	200	3 sec hold free	200	0
1	x	200	3 sec hold back	200	0
1	x	100	breast 3 sec hold	100	0
1	x	100	3r/3l/3full fly	100	0
1	x	300	free	300	20
1	x	100	back	100	20
1	x	200	im	200	30
1	x	50	breast	50	20
1	x	100	fly	100	30