



## Elgin Blue Wave Workout

**Monday 1/8/18**

**Workout Total 4100**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval</b>	<b>Rest</b>
1	x	800	swim	800	0
1	x	300	kick with pull bouy	300	0
1	x	200	l fr/bk r/ fr/bk	200	0
8	x	100	im	800	1,30
10	x	50	free	500	40
1	x	100	easy	100	0
4	x	200	stroke	800	3,30
1	x	100	easy	100	0
1	x	500	pull	500	0