



Elgin Blue Wave Workout

Wednesday 1/10/18

Workout Total 4100

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim700	0	
8	x	75	im kck/dr/sw	600	20
1	x	700	swim700	30	
4	x	50	stroke	200	50
1	x	700	pull 700	30	
4	x	50	free 200	40	
1	x	100	easy 100	0	
4	x	100	fin kick	400	1,45
4	x	25	choice offblock	100	0
12	x	25	im 300	30	
1	x	100	swim100	0	