



Elgin Blue Wave Workout

Monday 1/29/18

Workout Total 3900

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	400	im drill reverse order	400	0
3	x	500	free	1500	6,30
12	x	50	stroke	600	50
4	x	100	st kick- fins	400	1,30
1	x	200	easy	200	0
4	x	25	sprints off block	100	0