



Elgin Blue Wave Workout

Tuesday 1/31/17

Workout Total

4300

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
4	x	75	closed/open/reg free	300	15
1	x	200	2r/2l/2full fly	200	0
1	x	100	2 sec roll on back	100	0
20	x	25	im	500	30
9	x	200	im/fr/st	1800	30
1	x	100	easy	100	0
1	x	500	pull	500	0