



## Elgin Blue Wave Workout

**Monday 3/5/18**

**Workout Total**

**4600**

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
6	x	75	choice-drill	450	15
16	x	50	fy/bk bk/br br/fr fr/fy	800	45
5	x	100	free	500	1,15
1	x	50	easy	50	0
3	x	200	pull	600	2,20
1	x	300	streamline kick	300	0
12	x	25	choice	300	25
1	x	100	easy	100	0