



Elgin Blue Wave Workout

Wednesday 3/7/18

Workout Total

4900

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
12	x	50	im st kick no board/fins	600	10
12	x	50	im drill	600	10
6	x	200	choice-only 2 can be fr	1200	30
3	x	500	free	1500	6,15
1	x	200	easy	200	0