



Elgin Blue Wave Workout

Sunday 3/11/18

Workout Total

5100

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
8	x	75	im drill	600	15
12	x	25	im	300	30
8	x	100	free	800	1,15
5	x	100	choice	500	1,30
8	x	100	free	800	1,15
8	x	100	choice	800	1,30
8	x	50	st kick w fins	400	1,00
1	x	200	easy	200	0