



Elgin Blue Wave Workout

Monday 3/12/18

Workout Total

3750

Reps	x	Yds	Exercise	Interval\Rest	
1	x	800	swim	800	0
12	x	50	im kick/drill	600	10
8	x	50	im- drill/full stroke	400	10
1	x	1000	swim not for time	1000	0
10	x	50	choice	500	50
5	x	50	off blocks	250	0
4	x	25	off blocks	100	0
1	x	100	easy	100	0