



Elgin Blue Wave Workout

Wednesday 3/14/18

Workout Total

5600

Reps	x	Yds	Exercise	Interval\Rest	
1	x	600	swim	600	0
1	x	400	im drill	400	0
8	x	75	im kck/dr/swim	600	10
5	x	100	kick w fins	500	10
1	x	50	easy	50	0
3	x	400	im	1200	30
	x		or	0	
12	x	100	im/st	1200	30
1	x	100	easy	100	0
1	x	600	pull	600	0
10	x	25	choice	250	25
1	x	100	easy	100	0