



Elgin Blue Wave Workout

Sunday 3/18/18

Workout Total

2550

Reps	x	Yds	Exercise	Interval	\Rest
1	x	700	swim	700	0
4	x	100	kick/dr/sw/dr	400	10
1	x	500	free	500	30
1	x	100	back	100	20
1	x	50	fly	50	10
1	x	200	breast	200	20
1	x	50	back	50	10
1	x	200	free	200	20
1	x	100	breast	100	10
1	x	50	free	50	10
1	x	100	fly	100	20
1	x	100	im	100	10