# Elgin Blue Wave Workout

**Monday 3/19/18 Workout Total 4100**

| Reps | x | Yds | Exercise | Interval | Rest |
|---|---|---|---|---|---|
| 1 | x | 800 | swim | 800 | 0 |
| 1 | x | 200 | 3 sec hold free drill | 200 | 0 |
| 1 | x | 200 | 3 sec holdback drill | 200 | 0 |
| 1 | x | 200 | 2 sec hold breast | 200 | 0 |
| 1 | x | 200 | single arm butterfly drill | 200 | 0 |
| 12 | x | 25 | im | 300 | 30 |
| 5 | x | 200 | im or stroke | 1000 | 20 |
| 8 | x | 100 | free | 800 | 1,15 |
| 12 | x | 25 | choice | 300 | 25 |
| 1 | x | 100 | easy | 100 | 0 |