



Elgin Blue Wave Workout

Wednesday 3/21/18

Workout Total

4100

| Reps | x | Yds | Exercise | Interval | Rest |
|------|---|-----|----------|----------|-------------|
| 1 | x | 500 | swim | 500 | 0 |
| 1 | x | 500 | pull | 500 | 0 |
| 1 | x | 500 | kick | 500 | 0 |
| 12 | x | 50 | im drill | 600 | 10 |
| 1 | x | 100 | im | 100 | 20 |
| 1 | x | 200 | im | 200 | 20 |
| 1 | x | 300 | im | 300 | 20 |
| 1 | x | 400 | im | 400 | 20 |
| 1 | x | 400 | im | 400 | 20 |
| 1 | x | 300 | im | 300 | 20 |
| 1 | x | 200 | im | 200 | 20 |
| 1 | x | 100 | im | Interval | Rest 100 20 |