



Elgin Blue Wave Workout

Sunday 3/25/18

Workout Total

4900

Reps	x	Yds	Exercise	Interval	Rest
1	x	600	swim	600	0
1	x	600	pull	600	0
1	x	600	kick	600	0
12	x	50	im- kick/drill	600	10
4	x	500	sw/sw//pull/sw	2000	6,00
16	x	25	choice	400	25
1	x	100	easy	100	0