



Elgin Blue Wave Workout

Monday 3/26/18

Workout Total

3650

Reps	x	Yds	Exercise	Interval\Rest	
1	x	800	swim	800	0
1	x	300	choice drill	300	0
12	x	25	im	300	30
5	x	50	free	250	35
5	x	50	choice	250	45
5	x	50	free	250	35
5	x	50	breast	250	45
5	x	50	free	250	35
5	x	50	back	250	45
5	x	50	free	250	35
5	x	50	fly	250	45
5	x	50	free	250	35