



# Elgin Blue Wave Workout

Wednesday 3/28/18

Workout Total

3750

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	400	im drill	400	0
6	x	50	kick w fins	300	50
4	x	200	choice- all out	800	1,00
1	x	50	easy	50	0
4	x	100	choice- all out	400	1,30
1	x	50	easy	50	0
4	x	100	im	400	1,25
4	x	50	choice- all out	200	45
6	x	25	sprints off block	150	0
1	x	200	easy pull	200	0
1	x	100	easy	100	0