



Elgin Blue Wave Workout

Wednesday 5/2/18 Workout Total 3800

Reps	x	Yds	Exercise	Interval\Rest	
1	x	700	swim	700	0
1	x	300	drill of choice	300	0
2	x	100	kick (1x100 fins) 100 n/fn	200	10
1	x	1000	swim for time	1000	0
3	x	200	hard pull/2 min rest betwn	600	2,00
3	x	300	free hard. 1,30 rest btwn	900	1,30
1	x	100	easy	100	0