



## Elgin Blue Wave Workout

**Sunday 5/6/18**

**Workout Total**

**3300**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval\Rest</b>	
1	x	600	swim	600	0
1	x	100	2 sec high elbow	100	0
1	x	100	clock on back	100	0
1	x	100	br arms and flutter kick	100	0
1	x	100	2l/ 2 full/2 r	100	0
4	x	100	choice on 2 min resr hrd	400	2,00
1	x	500	swim 3 min rest	500	3,00
4	x	100	choice on 2 min resr hrd	400	2,00
1	x	500	swim 3 min rest or pull	500	3,00
6	x	50	choice on 1,30 rest	300	1,30
4	x	25	choice 40	100	40
1	x	100	easy	100	0