



## Elgin Blue Wave Workout

Monday 5/7/18

Workout Total

2850

Reps	x	Yds	Exercise	Interval	\Rest
1	x	800	swim	800	0
12	x	50	im kick/drill	600	0
12	x	25	im order	300	40
3	x	200	choice on 2 min rest	600	2,00
1	x	100	easy	100	0
6	x	50	choice on 2 min rest	300	2,00
1	x	50	easy	50	0
1	x	100	easy	100	0