



Elgin Blue Wave Workout

Wednesday 5/9/18

Workout Total

2500

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
4	x	75	im-kck/dr/sw	300	10
6	x	50	choice	300	1,00
4	x	75	choice	300	2,00
1	x	100	easy	100	0
	x		national workout-last		0
	x		sprint off block		0