



Elgin Blue Wave Workout

Monday 5/14/18

Workout Total

4200

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
1	x	200	catch up drill	200	0
1	x	200	left arm/r arm back drill	200	0
1	x	200	br arms w fly kick	200	0
1	x	200	single arm fly r/l	200	0
5	x	300	sw/pull/kick/sw/pull	1500	30
4	x	75	drill/kick/sw im order	300	20
1	x	100	easy	100	0