



## Elgin Blue Wave Workout

Wednesday 5/16/18

Workout Total

4800

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
1	x	400	im drill	400	0
1	x	800	swim	800	30
4	x	50	stroke	200	50
1	x	600	swim	600	30
1	x	200	pull	200	30
1	x	400	swim	400	20
1	x	200	kick	200	0
1	x	400	50 fr/25dr/25 free	400	0
1	x	500	50easy/50 hard	500	0
8	x	25	choice	200	30
1	x	100	easy	100	0