



Elgin Blue Wave Workout

Sunday 5/20/18

Workout Total

3600

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	100	free drill	100	0
1	x	100	fly drill	100	0
1	x	100	back drill	100	0
1	x	100	breast drill	100	0
1	x	1000	5 sec rest at 100	1000	0
10	x	50	kick on 1 min	500	1,00
8	x	25	stroke	200	30
1	x	100	easy	100	0