



Elgin Blue Wave Workout

Wednesday 5/23/18

Workout Total

3800

Reps	x	Yds	Exercise	Interval\Rest	
1	x	700	swim	700	0
1	x	300	3 strokes and 12 kck free	300	0
1	x	200	3 st and 12 kcks on bk	200	0
1	x	100	scarecrow arms br	100	0
1	x	200	fy kck on back/1r/1l/1full	200	0
1	x	600	swim	600	20
1	x	200	im	200	20
1	x	600	pull	600	20
1	x	200	im	200	20
1	x	200	kick with board	200	0
1	x	500	easy	500	0