



Elgin Blue Wave Workout

Wednesday 5/30/18

Workout Total

4400

Reps	x	Yds	Exercise	Interval	Rest
1	x	500	swim	500	0
1	x	500	kick	500	0
1	x	500	pull	500	0
8	x	50	im order drill	400	10
1	x	600	swim	600	20
1	x	600	pull	600	20
1	x	100	im	100	1,00
1	x	300	swim	300	20
1	x	300	pull	300	20
1	x	100	im	100	1,00
8	x	50	fly/bk-bk/br-br/fr-fr/fy	400	20
1	x	100	easy	100	0