



Elgin Blue Wave Workout

Wednesday 11/1/17

Workout Total 3900

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	300	kick w boards	300	0
10	x	50	bk drill	500	20
8	x	50	br drill	400	20
10	x	50	fr drill	500	15
8	x	50	fly drill	400	20
1	x	300	swim	300	0
5	x	100	pull	500	20
8	x	25	choice	200	15
1	x	100	swim	100	0