



Elgin Blue Wave Workout

Sunday 11/5/17

Workout Total 2400

Reps x	Yds	Exercise	Interval\Rest
1	x	700 swim	700 0
1	x	100 st kick	100 0
1	x	100 3 kic hold free ech side	100 0
1	x	100 free arm straight down	100 0
1	x	200 free	200 0
1	x	100 br drills	100 0
1	x	100 br w 3 sec hold	100 0
1	x	300 pull	300 0
1	x	100 fly kck w fins	100 0
1	x	200 2r/2l 2f w fins fly	200 0
1	x	300 easy	300 0
1	x	100 back drills	100 0 0