



## Elgin Blue Wave Workout

Monday 11/6/17

Workout Total 3500

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	200	catch up	200	0
1	x	200	final push on back	200	0
1	x	300	free/bk	300	0
1	x	100	br arms/fr kick-3 sec hold	100	0
1	x	100	br on bk/on front	100	0
1	x	200	3r/3l/3full fly	200	0
4	x	75	fly/bk/br	300	30
16	x	50	kick w fins and board	800	10
1	x	100	easy	100	0
4	x	100	pull	400	20
1	x	100	easy	100	0