



Elgin Blue Wave Workout

Wednesday 11/15/17

Workout Total 2950

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
8	x	50	im drill	400	10
8	x	50	streamline kick	400	10
1	x	300	fr dr w/board betwn leg	300	0
1	x	100	free	100	20
1	x	50	choice	50	20
1	x	150	ree	150	20
1	x	100	choice	100	20
1	x	200	free	200	20
1	x	150	choice	150	20
1	x	200	free	200	20
1	x	200	choice	200	20