



Elgin Blue Wave Workout

Wednesday 11/22/17

Workout Total 4000

Reps	x	Yds	Exercise	Interval	Rest
1	x	600	swim	600	0
1	x	200	st kick free/fly	200	0
1	x	200	st kick bk/br	200	0
8	x	50	im drill	400	10
4	x	25	choice	100	10
4	x	50	choice	200	10
4	x	100	choice	400	20
2	x	200	choice then repeat down	400	20
4	x	200	pull	800	20
1	x	100	easy	100	0
16	x	25	im	400	15
1	x	200	easy	200	0