



## Elgin Blue Wave Workout

**Monday 10/16/17**

**Workout Total**

**2900**

<b>Reps</b>	<b>x</b>	<b>Yds</b>	<b>Exercise</b>	<b>Interval</b>	<b>\Rest</b>
1	x	600	swim	600	0
1	x	300	free 1 l/arm by side	300	0
1	x	200	streamline kick	200	0
1	x	300	swim	300	0
1	x	200	br ar/fly kck/br w/2 kick	200	0
1	x	100	streamline br kick	100	0
1	x	200	br kick/full st	200	0
1	x	100	2 sec roll on back	100	0
1	x	200	l arm/ full/r arm/full bk	200	0
1	x	300	100-free/bk/br	300	0
1	x	200	dolphn kick	200	0
1	x	200	1r/1l/1 full fly	200	0