



Elgin Blue Wave Workout

Wednesday 10/18/17

Workout Total

3000

Reps x	Yds	Exercise	Interval\Rest	
1 x	600	swim	600	0
1 x	200	back drills	200	0
1 x	200	streamline kick	200	0
12 x	25	im drill	300	10
12 x	25	st kick im only	300	10
4 x	100	fr/bk/fr/bk pull	400	0
1 x	100	free	100	0
8 x	25	br/fly drill	200	10
1 x	200	kick of choice with pullbuoy	200	0
12 x	25	choice	300	10
1 x	200	swim	200	0