



Elgin Blue Wave Workout

Sunday 10/22/17

Workout Total 3050

Reps	x	Yds	Exercise	Interval	Rest
1	x	600	swim	600	0
1	x	200	st kick	200	0
1	x	300	l arm hold for 3/then r	300	0
5	x	50	free	250	20
1	x	100	fy kick 50 w hands/w/o	100	0
1	x	300	3r/3l/3f then 2 then 1 lengt	300	0
5	x	50	free	250	20
1	x	100	bk hnds side and push	100	0
3	x	50	bk	150	20
1	x	100	fins/twizzler and no hns fly	100	0
3	x	100	free with fins	300	30
1	x	400	free	400	0