



Elgin Blue Wave Workout

Monday 10/23/17

Workout Total 2600

| Reps x | Yds | Exercise | Interval\Rest |
|--------|-----|-------------------------------|---------------|
| 1 | x | 600 swim | 600 0 |
| 1 | x | 200 st kick free | 200 0 |
| 1 | x | 200 3sec r 3 sec l free | 200 0 |
| 8 | x | 25 free | 200 5 |
| 1 | x | 200 br kick w board | 200 0 |
| 1 | x | 100 streamkick breast | 100 0 |
| 1 | x | 100 breastroke drill | 100 0 |
| 8 | x | 25 breast | 200 10 |
| 1 | x | 200 free | 200 0 |
| 1 | x | 200 st bk/flykck arms to side | 200 0 |
| 1 | x | 200 bk 3 sec hold each side | 200 0 |
| 8 | x | 25 bk | 200 5 |