



Elgin Blue Wave Workout

Sunday 10/29/17

Workout Total 3450

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	400	im kick w board	400	0
1	x	200	3 count arm straight dwn	200	0
1	x	200	free	200	0
6	x	25	free	150	5
1	x	200	2 sec roll/1l 1r on bk	200	0
1	x	200	bk	200	0
6	x	25	back	150	5
1	x	400	pull	400	0
1	x	200	2l/2r/2f fly	200	0
5	x	50	fly/free	250	15
1	x	400	free w fins	400	0