



Elgin Blue Wave Workout

Monday 10/30/17

Workout Total 3550

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
5	x	100	im drill	500	30
5	x	100	im kick streamline	500	30
4	x	75	open/close/reg free	300	20
5	x	50	bk 2r/2l/2 full	250	15
1	x	400	200sw/200 pull	400	0
4	x	50	br/ 1 pull 2 kicks	200	15
4	x	50	2r/2l/2full fly	200	15
12	x	25	choice	300	15
1	x	200	easy	200	0