The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/5/10	1	x	700	swim	700
Day of Week:		16	x	50	im/kick/drill	800
		30	x	50	10-fr/10-st/10-choice	1500
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	3000

Notes:

HAD TO LEAVE DUE TO THE WEATHER