The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/7/10	1	x	700	swim	700
Day of Week:		20	x	25	im/drill	500
		30	x	50	10-fr/10-st/10	1500
		1	x	200	kick	200
		1	x	500	pull/6,7,730	500
		1	x	500	free	500
		1	x	100	easy	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			4000

Notes: