



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/12/10	1	x	700	swim	700
Day of Week:		1	x	400	im/drill/reverse	400
		3	x	200	fr/220,245,3,315,330,345	600
		5	x	100	im/130,145,150,215,230	500
		10	x	50	fin kc/50,1,110	500
		12	x	50	choice/1,110,120,130	600
		1	x	50	in between first set	50
		1	x	50	between 2nd set	50
		1	x	50	between 3rd set	50
		1	x	100	easy	100
			x			0
			x			0
			x			0
					Total for Workout	3550

Notes: