The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/14/10	1	x	800	swim	800
Day of Week:		12	x	50	im/streamline kick	600
		12	x	50	im/drill	600
		5	x	100	fr/120,130,140,150,2,210	500
		4	x	100	st/10 rest 100%	400
		1	x	50	easy	50
		8	x	25	sprints off block	200
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	3350

Notes: