The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/18/10	1	x	600	swim	600
Day of Week:		8	x	75	im/kck/dr/swim	600
		2	x	500	fr/630,730,8,9,930,10	1000
		4	x	100	st/2,210,3	400
		3	x	100	im/2,210,3	300
		1	x	150	swim	150
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3050

Notes: