The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/19/10	1	x	700	swim	700
Day of Week:		4	x	100	im/dr/kc/dr/sw	400
		6	x	100	75st/25 kick	600
		12	x	25	choice,30,35,40	300
		1	x	250	stream kick choice	250
		1	x	250	swim	250
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	2500

Notes: