The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/21/10	1	x	500	swim	500
Day of Week:		16	x	50	im/streamkick/full st	800
		5	x	50	ch/1,110	250
		4	x	25	sprints	100
		1	x	100	swim	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	1750

Notes: