The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/26/10	1	x	800	swim	800
Day of Week:		1	x	300	free drill choice	300
		1	x	300	back drill choice	300
		1	x	300	br drill choice	300
		1	x	200	fly drill	200
		12	x	50	streamln kic/im	600
		1	x	500	free/drill	500
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3000

Notes:

after state workout