The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	4/28/10	1	x	700	swim	700
Day of Week:		1	x	400	drill/choice	400
		12	x	75	dr/kc/dr choice	900
		3	x	200	fr/pull/fr 20 rest	600
		16	x	25	im/drill	400
		1	x	300	easy	300
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	3300

Notes:

post state workout