



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	12/6/09	1	x	700	warmup	700
Day of Week:		1	x	400	im drill	400
		1	x	150	fly kick no arms	150
		1	x	800	free	800
		1	x	300	pull	300
		1	x	300	kick	300
		1	x	800	free	800
		1	x	300	pull	300
		1	x	300	kick	300
		1	x	100	cooldown	100
			x			0
		x			0	
		x			0	
		x			4150	

Notes: