



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	12/9/09	1	x	700	swim	700
Day of Week:		12	x	75	im/kic/dr/st	900
		2	x	200	im only	400
		2	x	200	free	400
		2	x	200	st (1x for ben)	400
		4	x	100	im	400
		4	x	100	free	400
		4	x	100	stroke	400
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
Total for Workout						4200

Notes:

ben did extra 200 and 2x100 free extra