



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps	Distance	Description	Total Yards
Date:	12/14/09	1	x 700	swim	700
Day of Week:		16	x 50	im/dr/sw	800
		2	x 650	30 rest	1300
		8	x 50	st/50/100/110	400
		2	x 200	,fr pull,245,3,315,330,345	400
		1	x 50	easy	50
		12	x 25	im/30/35	300
		1	x 100	easy	100
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
				Total for Workout	<u>4050</u>

Notes:

ben 2x800