The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	12/16/09	1	x	800	warm-up	800
Day of Week:		1	x	300	drill/choice	300
		12	x	100	im/st 20 rest	1200
		8	x	50	fin/kc-choice	400
		12	x	50	fr/40/50/55	600
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3500

Notes:

ben 1x100 extra