



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

	Reps	Distance	Description	Total Yards
Date: 12/21/09	1 x	500	swim	500
Day of Week:	1 x	400	kick	400
	1 x	400	pull	400
	16 x	25	im/drill 10 rest	400
	1 x	500	fr/630/730/8-930	500
	2 x	400	fr/445/515,7	800
	3 x	200	fr/3,315,330	600
	4 x	100	fr/145/150/2	400
	8 x	25	im on 30	200
	1 x	100	easy	100
	x			0
	x			0
	x			0
			Total for Workout	<u><u>4300</u></u>

Notes: