The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	**12/23/09**	1	x	800	warm-up	800
Day of Week:		8	x	75	dr/fl/bk/br no fr	600
		4	x	200	choice	800
		8	x	100	choice 20 rest	800
		12	x	50	choice	600
		8	x	50	im-turns in middle	400
			x		blizzards!!!!	0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			4000