The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	**12/30/09**	1	x	700	WARMUP	700
Day of Week:		12	x	50	IM/KICK/DR	600
		16	x	25	im/30,35/40	400
		1	x	1000	sw for time	1000
		5	x	100	fins 10 rest st kick	500
		5	x	100	st,145,2,215,230	500
		1	x	200	warm down	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3900

Notes:

other lanes 12x25, 4x100 stroke