



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

				Reps	Distance	Description	Total Yards
Date:	2/1/10	1	x		700	swim	700
Day of Week:		1	x		400	im-drill	400
		5	x		200	im/choice no free	1000
		10	x		50	fr/35/40/45/50/55/1	500
		6	x		75	im or st no free	450
		12	x		25	fr/30/35/40	300
		10	x		50	st/45/50/1,110	500
		1	x		200	easy	200
			x				0
			x				0
			x				0
			x				0
			x				0
			x				0
							0
						Total for Workout	4050

Notes: