



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	2/3/10	1	x	700	swim	700
Day of Week:		12	x	25	im/drill	300
		12	x	25	im/st kick	300
		3	x	500	s/p/s6,7,730,8,830	1500
		5	x	100	im/125,140,145,2,210	500
		8	x	25	sprints	200
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
Total for Workout						3700

Notes: