



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

Date:	Reps	Distance	Description	Total Yards
2/8/10	1 x	600	swim	600
Day of Week:	1 x	200	free fist drill	200
	1 x	300	br arms/dolphin kick	300
	1 x	200	2sec roll on back	200
	16 x	75	fy/bk/br/im	1200
	4 x	50	pull each other	200
	1 x	250	streamline kick	250
	1 x	250	cool down swim	250
	x			0
	x			0
	x			0
	x			0
	x			0
	x			0
	x			0
				<u>3200</u>

Notes: