



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps	Distance	Description	Total Yards
Date:	2/10/10	1	x 600	swim	600
Day of Week:		8	x 25	free/back/kick	200
		1	x 400	swim	400
		1	x 50	st	50
		1	x 600	free swim	600
		1	x 50	st	50
		1	x 800	swim	800
		1	x 50	stroke	50
		1	x 800	swim	800
		1	x 50	strokre	50
		1	x 600	swim	600
		1	x 50	stroke	50
		1	x 400	swim	400
				Total for Workout	<u>4650</u>

Notes:

10x25 on 30,100 easy