The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	2/14/10	1	x	600	swim	600
Day of Week:		20	x	50	im/drill only	1000
		12	x	75	dr/kc/sw/im	900
		6	x	100	fins kc/choice	600
		24	x	25	choice	600
		1	x	100	easy	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	3800

Notes: