



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

		Reps	Distance	Description	Total Yards
Date:	2/15/10	1	x 700	SWIM	700
Day of Week:		20	x 25	IM/DRILL	500
		6	x 200	fr/220/250,3,315,330,4,415	1200
		16	x 50	st/50/1,115,130,145	800
		1	x 300	streamline kck/choice	300
		1	x 200	easy	200
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
					<hr/>
					3700
					<hr/>

Notes: