



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

				Reps	Distance	Description	Total Yards
Date:	2/17/10			1	x 700	swim	700
Day of Week:				10	x 25	drills	250
				6	x 150	100sw/50kick	900
				12	x 75	fy/fr/fy-bk/fr/bk ect..	900
				6	x 100	kick with fins	600
				3	x 50	pull each other x3	150
				1	x 200	easy	200
					x		0
					x		0
					x		0
					x		0
					x		0
					x		0
					x		0
							0
						Total for Workout	3700

Notes: