The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	2/22/10	1	x	800	warmup	800
Day of Week:		1	x	400	im/drill reverse	400
		18	x	100	im/fr/st-20 rest	1800
		5	x	100	fr/pull,120,130,140,145,	500
		16	x	25	choice/30/35	400
		1	x	100	easy	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			4000

Notes: