



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

		Reps	Distance	Description	Total Yards
Date:	2/24/10	1	x 800	warmup	800
Day of Week:		16	x 50	im/streamkc/drill	800
		1	x 1000	for time	1000
		16	x 50	im/45,1,110,115	800
		1	x 100	streamline kick	100
		1	x 100	streamline kick	100
		1	x 100	swim	100
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
				Total for Workout	3700

Notes: