The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	2/28/10	1	x	800	swim	800
Day of Week:		24	x	25	im/drill	600
		12	x	50	fr/35,40,45,50,55,1,105	600
		8	x	200	im or stroke on 20 rest	1600
		1	x	400	kick with fins choice	400
		1	x	300	swim -easy	300
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	4300

Notes: