



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

				Reps	Distance	Description	Total Yards
Date:	1/11/10			1	x 700	WARMUP	700
Day of Week:				1	x 300	single arm fr drill	300
				1	x 200	single arm bk drill	200
				1	x 200	br arm/fly kick	200
				8	x 50	one st/50/55/1,105,110	400
				6	x 100	fr/125,130,140,150,200	600
				5	x 100	im/130,140,150,200,210	500
				10	x 50	fr-35,40,45,55	500
				1	x 300	easy	300
					x		0
					x		0
				x		0	
				x		0	
Total for Workout							3700

Notes: