The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	1/13/10	1	x	600	swim	600
Day of Week:		16	x	50	im/drill	800
		1	x	800	(1000-ben)	800
		1	x	500	pull	500
		1	x	800	(1000-ben)	800
		1	x	100	sprints	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	3600

Notes: