



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

	Date:	1/17/10	Reps	Distance	Description	Total Yards
Day of Week:			1 x	700	swim	700
			1 x	200	l-only/stkick/r-only-stkick	200
			1 x	200	fingertip/st/kick	200
			1 x	200	halfpull/fr kic/br arms/fly	200
			1 x	200	2-r,2fly,br arms-fly kick	200
			1 x	200	roll on bk(2 sec) clock arm	200
			1 x	200	kick with arms o side/clocl	200
					br arm/fly kc-full br 2	
			1 x	200	hold	200
					fly kick arms to side/br 3	
			1 x	200	sec	200
			1 x	500	swim	500
			1 x	200	choice	200
			x			0
			x			0
			x			0
						3000
						3000

Notes: