



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

				Reps	Distance	Description	Total Yards
Date:	1/18/10	1	x		700	swim	700
Day of Week:		1	x		400	im/drill	400
		9	x		50	kck/board /shoes fy,bk,fr	450
		1	x		200	fr/w/shoes	200
		1	x		200	fr/w/o shoes	200
		20	x		25	im/30,35,40	500
		6	x		100	pull/choice 15 rest	600
		1	x		500	easy swim	500
			x				0
			x				0
			x				0
			x				0
			x				0
			x				0
							0
						Total for Workout	3550

Notes:

ben(300)w/shoes and w/o shoes