



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps	Distance	Description	Total Yards
Date:	1/20/10	1	x 800	swim	800
Day of Week:		12	x 50	im/kick/drill	600
		2	x 400	full stroke im	800
		6	x 200	st/fr/im	1200
		10	x 50	fr/34/40/45/50/55/100	500
		1	x 200	free	200
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
			x		0
					0
				Total for Workout	<u>4100</u>

Notes: