The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	1/24/10	1	x	700	swim	700
Day of Week:		12	x	50	im/st kick/drill	600
		16	x	25	im full stroke,30,35,40	400
		4	x	500	fr/pux2-6,7,730,8,830,9	2000
		1	x	50	swim easy	50
		8	x	50	st/45/50/55/100,105	400
		1	x	100	easy	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			4250

Notes:

ben 1x 500 free