



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps	Distance	Description	Total Yards
Date:	1/25/10	1	x 800	warm-up	800
Day of Week:		1	x 400	im/drill	400
		5	x 100	stroke	500
		5	x 100	free	500
		5	x 100	im, 2 min rest	500
		2	x 200	stroke	400
		2	x 200	free	400
		2	x 200	im	400
		1	x 100	easy	100
		10	x 25	fr on 30,35,40	250
		1	x 100	easy	100
			x		0
			x		0
				Total for Workout	4350

Notes: