



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	1/27/10	1	x	700	swim	700
Day of Week:		12	x	50	im/dr/kick	600
		3	x	100	fr/bk/fr w/shoes	300
		6	x	50	kick w/shoes	300
		1	x	100	fr/w/shoes	100
		1	x	100	free/w/o shoes	100
		20	x	50	fy/bk-bk/br ect	1000
		1	x	200	easy	200
			x			0
			x			0
			x			0
		x			0	
		x			0	
					0	
					3300	

Notes: