The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	**1/3/09**	1	x	700	swim	700
Day of Week:		8	x	75	im/kc/dr/sw	600
		10	x	100	fr/120,130,140,145,150,155	1000
		8	x	100	st/130,145,200,210	800
		16	x	50	fr/st 45,50,100,105,	800
		1	x	100	easy	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	4000

Notes: