



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

				Reps	Distance	Description	Total Yards
Date:	1/31/10	1	x		500	swim	500
Day of Week:		1	x		400	kick	400
		1	x		400	pull	400
		12	x		25	im/30/35/40	300
		10	x		100	fr/120,130,140,150,2,210	1000
		6	x		50	st/only-45,50,55,1,110	300
		1	x		200	kick only/streamline	200
		5	x		100	im/125,140,150,2,210	500
		1	x		100	streamline kick	100
		1	x		200	easy	200
			x				0
			x				0
			x				0
			x				3900

Notes: