



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	1/4/09	1	x	500	warmup	500
Day of Week:		1	x	400	kick	400
		1	x	400	pull	400
		1	x	100	fist drill	100
		1	x	100	catch up drill	100
		1	x	200	100fly kic/100fly drill	200
		16	x	25	im/30/35/40	400
		16	x	50	fr/35-40/40-45/45-50	800
		5	x	50	im sprints off block	250
		1	x	200	easy	200
			x			0
			x			0
			x			0
Total for Workout						3350

Notes: