The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	1/6/09	1	x	700	warm up	700
Day of Week:		24	x	25	12-im kck/12-im drill	600
		3	x	500	6,7,7.45,8.30,8.45,9,9.30,10	1500
		1	x	200	streamkick	200
		1	x	100	easy	100
			x		relays	0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3100

Notes: