The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/1/10	1	x	800	swim	800
Day of Week:		16	x	50	im/st kick/drill	800
		4	x	800	sw/pll/sw/pull	3200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			4800

Notes:

ben-10x50 on 50 board and fins kick