The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/3/10	1	x	700	swim	700
Day of Week:		1	x	400	im drill reverse	400
		12	x	100	im/125,135,145,2,210,230	1200
		1	x	300	streamline kick choice	300
		4	x	200	im/245,315,330,4,415	800
		8	x	25	sprints	200
		1	x	100	easy	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	3700

Notes: