The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/8/10	1	x	800	warm up	800
Day of Week:		1	x	300	kick of choice	300
		1	x	300	drill ofchoice	300
		2	x	400	im	800
		6	x	200	fr/im	1200
		20	x	50	ch/45,55,1	1000
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	4600

Notes: