The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/10/10	1	x	700	swim	700
Day of Week:		16	x	25	im/drill	400
		18	x	100	3st/3fr/3st/3fr,ect	1800
		1	x	200	st kick choice	200
		10	x	25	sprints off block	250
		1	x	100	easy	100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3450

Notes: