The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/15/10	1	x	600	swim	600
Day of Week:		12	x	50	kck/w arms to side/alt fre	600
		12	x	50	kck/n armsfly/single arms	600
		12	x	50	br kc on bak/br drill	600
		12	x	50	bk kck arm on side/sing a	600
		16	x	25	im/drill	400
		1	x	500	free	500
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	3900

Notes: