The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/17/10	1	x	700	swim	700
Day of Week:		16	x	50	im/drill	800
		4	x	500	sw/pl/6,7,830,930	2000
		8	x	100	st/130,2,20 rest	800
		6	x	25	fr/25	150
		1	x	200	swim	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	4650

Notes: