



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

						Total Yards
Date:	3/21/10	1	x	700	swim	700
Day of Week:		16	x	25	st kick/im	400
		8	x	75	im/drill only	600
		2	x	200	fly	400
		2	x	100	free	200
		2	x	200	back	400
		2	x	100	free	200
		2	x	200	breast	400
		2	x	100	free	200
		2	x	200	free	400
		2	x	100	free	200
		1	x	200	free	200
			x			0
			x			4300

Notes: