# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

| | | Reps | | Distance | Description | Total Yards |
|---|---|---|---|---|---|---|
| Date: | 3/22/10 | 1 | x | 800 | swim | 800 |
| Day of Week: | | 1 | x | 400 | im drill/reverse | 400 |
| | | 12 | x | 100 | fr/115,130,140,45,50,55 | 1200 |
| | | 8 | x | 100 | im/125,140,150,210,220 | 800 |
| | | 20 | x | 50 | choice/45,50 | 1000 |
| | | 1 | x | 200 | easy | 200 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | | | Total for Workout | 4400 |

Notes:

other lanes for im-215,220