The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/24/10	1	x	800	swim	800
Day of Week:		12	x	75	im/drill	900
		3	x	700	sw/pll/fins	2100
		32	x	25	im/30,35	800
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	4800

Notes: