The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	3/28/10	1	x	700	swim	700
Day of Week:		16	x	25	st kick /im	400
		24	x	25	im/drill	600
		4	x	200	fr/245,3,315,330,345,4	800
		16	x	50	4fy/4bk/4br/4fr	800
		5	x	100	im/140,150,2	500
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			4000

Notes: