



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

		Reps	Distance	Description	Total Yards
Date:	3/31/10	1	x 800	swim	800
Day of Week:		20	x 25	im/drill	500
		1	x 400	im-25 rest	400
		1	x 300	free	300
		1	x 200	stroke	200
		1	x 400	im	400
		1	x 300	free	300
		1	x 200	stroke	200
		1	x 400	im	400
		1	x 300	free	300
		1	x 200	stroke	200
		8	x 50	fr/35/40/45	400
		1	x 200	easy	200
				Total for Workout	<u>4600</u>

Notes: