



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

				Reps	Distance	Description	Total Yards
Date:	5/2/10	1	x		800	swim	800
Day of Week:		12	x		75	im/kck/dr/swim	900
		12	x		200	sw/kc/pull	2400
		1	x		200	easy	200
			x				0
			x				0
			x				0
			x				0
			x				0
			x				0
			x				0
Total for Workout							4300

Notes: j/j-8x200-30rest-st 1x200 kick, 200 easy (8x75 im kc/dr/sw)