



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	5/3/10	1	x	700	swim	700
Day of Week:		16	x	50	im-kick/drill	800
		1	x	300	free drill w board	300
		1	x	100	free	100
		1	x	50	st	50
		1	x	200	free	200
		1	x	50	st	50
		1	x	300	free	300
		1	x	50	st	50
		1	x	400	free	400
		1	x	50	st	50
		1	x	50	easy swim	50
		1	x	300	kick with board	300
		1	x	300	swim	<u>3350</u>

Notes: