The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	5/9/10	1	x	500	swim	500
Day of Week:		1	x	400	kick	400
		1	x	400	pull	400
		16	x	25	im order -drill	400
		10	x	200	choice	2000
		1	x	300	easy	300
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	4000

Notes: