The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	5/10/10	1	x	700	swim	700
Day of Week:		1	x	400	im/drill	400
		1	x	500	swim	500
		1	x	500	kick	500
		1	x	500	pull	500
		1	x	500	swim	500
		16	x	50	choice/dr/swim	800
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			4100

Notes: