# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

| | | Reps | | Distance | Description | Total Yards |
|---|---|---|---|---|---|---|
| Date: | 5/12/10 | 1 | x | 800 | swim | 800 |
| Day of Week: | | 8 | x | 75 | im/kck/dr/sw | 600 |
| | | 1 | x | 1650 | swim for time | 1650 |
| | | 1 | x | 100 | easy | 100 |
| | | 6 | x | 100 | with fins choice | 600 |
| | | 8 | x | 50 | chain pull each other | 400 |
| | | 1 | x | 200 | easy | 200 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | x | | | 0 |
| | | | | | Total for Workout | 4350 |

Notes: