The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	5/16/10	1	x	700	swim	700
Day of Week:		20	x	25	im/drill only	500
		1	x	150	swim	150
		2	x	50	kick/drill choice	100
		1	x	150	swim	150
		2	x	50	kick/drill choice	100
		1	x	150	swim	150
		2	x	50	kick/drill choice	100
		1	x	150	swim	150
		2	x	50	kick/drill choice	100
		1	x	150	swim	150
		2	x	50	kick/drill choice	100
		1	x	150	swim	150
					Total for Workout	2600

Notes: