



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	11/1/09	1	x	600	warm-up	600
Day of Week:		1	x	300	fr dr/4/3/2/1	300
		20	x	25	im/drill	500
		4	x	100	bk. 25 rest	400
		2	x	200	free/pull	400
		4	x	100	br	400
		2	x	200	free/pull	400
		4	x	50	kc with shoes/fr/br	200
		1	x	100	free/with shoes	100
		1	x	100	free/w/o	100
		1	x	200	free	200
			x			0
			x			0
Total for Workout						3600

Notes: