



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

| | | Reps | Distance | Description | Total Yards |
|--------------|----------|------|----------|-------------------|----------------|
| Date: | 11/11/09 | 1 | x 600 | warm up | 600 |
| Day of Week: | | 1 | x 400 | im/drill | 400 |
| | | 8 | x 75 | im/fl/bk/br | 600 |
| | | 3 | x 300 | fr/pu/fr 25 rest | 900 |
| | | 1 | x 100 | free/kc w/sh | 100 |
| | | 1 | x 100 | br/w/sh/kc | 100 |
| | | 1 | x 50 | kc/w/sh/fr | 50 |
| | | 1 | x 50 | kc/w/sh/br | 50 |
| | | 1 | x 100 | easy | 100 |
| | | 20 | x 25 | choice/10 rest | 500 |
| | | 1 | x 100 | easy | 100 |
| | | | x | | 0 |
| | | | x | | 0 |
| | | | | Total for Workout | 3500 |

Notes:

kerric 4x25 oz 8x25