



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

				Reps	Distance	Description	Total Yards
Date:	11/15/09	1	x		600	warmup	600
Day of Week:		1	x		200	free fist drill	200
						single arm down on back	
		1	x		200	r/1	200
		1	x		100	half pull free kick	100
		1	x		100	br with 2 kicks	100
		1	x		200	fly/2r/2l/2 double	200
		1	x		650	swim 30 rest	650
		1	x		650	pull	650
		1	x		650	swim 30 rest	650
		12	x		50	fl/fr,bk/fr,br/fr/ff	600
		1	x		150	cooldown	150
			x				0
			x				0
Total for Workout							4100

Notes:

keric lane on ly 4 x50