



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

				Reps	Distance	Description	Total Yards
Date:	11/16/09	1	x		600	free	600
Day of Week:		1	x		200	free drill 3/3/6	200
		1	x		200	bk/r arm down/l down	200
		1	x		200	br/2kick/2 sec hold	200
		1	x		200	fly on back/side	200
		2	x		200	free	400
		4	x		100	im	400
		2	x		200	stroke	400
		4	x		100	free	400
		1	x		100	easy	100
		8	x		50	fr/st	400
		1	x		200	cool down	200
			x				0
			x				3700

Notes:

oz 50 x6