



# The Elgin Blue Wave Master Swim Team

## Workout

### Lane 8

				Reps	Distance	Description	Total Yards
Date:	11/18/09			1	x 600	warmup	600
Day of Week:				1	x 400	im/drill	400
				5	x 100	free	500
				5	x 100	im	500
				5	x 100	st	500
				5	x 100	free	500
				5	x 100	st	500
				1	x 200	kie	200
				1	x 100	easy	100
				1	x 100	cool	100
					x		0
					x		0
					x		0
						Total for Workout	3900

Notes: