



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	11/2/09	1	x	600	warmup	600
Day of Week:		12	x	50	im/drill 15 rest	600
		1	x	200	fr	200
		1	x	400	fr	400
		1	x	600	fr	600
		1	x	800	fr	800
		1	x	600	fr	600
		1	x	400	(last lane not done)	400
		1	x	200	fr	200
		6	x	50	fly	300
			x			0
			x			0
			x			0
Total for Workout						4700

Notes:

last lane not finish the 400