



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

Date:	11/22/09	Reps	Distance	Description	Total Yards
Day of Week:		1 x	700	warmup	700
		12 x	50	im/streamkc/drill	600
		8 x	75	im/kc/dr/sw	600
		1 x	800	free	800
		1 x	800	free/wfiins	800
		1 x	800	free	800
		1 x	200	easy	200
		x			0
		x			0
		x			0
		x			0
		x			0
		x			0
		x			0
				Total for Workout	<u>4500</u>

Notes:

everyone went over the time of finsih the 800