The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	11/23/09	1	x	600	warmup	600
Day of Week:		12	x	50	im/drill	600
		12	x	50	im/str kick	600
		10	x	100	free/20 rest	1000
		1	x	100	easy	100
		20	x	25	im	500
		1	x	200	cooldown	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3600

Notes:

oz 8x100 and 8x25,200neasy