The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	11/25/09	1	x	700	warmup	700
Day of Week:		24	x	25	im/drill	600
		12	x	200	fr/im/st	2400
		1	x	500	pull with paddles	500
		1	x	500	free(ben only)	500
		1	x	200	easy	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
					Total for Workout	4900

Notes:

other lanes 9x200