



The Elgin Blue Wave Master Swim Team

Workout

Lane 8

				Reps	Distance	Description	Total Yards
Date:	11/30/09			1	x 700	warmup	700
Day of Week:				16	x 25	im/drill-10- rest	400
				16	x 25	im/st kick	400
				8	x 100	im	800
				1	x 100	easy	100
				1	x 500	for time	500
				6	x 100	stroke	600
				1	x 50	easy(ben)	50
				10	x 50	fr/st-on40	500
				1	x 100	easy	100
					x		0
					x		0
					x		0
Total for Workout							4150

Notes:

ben-125,drew-150,oz-200,gina-150,tom-220,ruthie215,beth230