The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	11/4/09	1	x	600	warm-up	600
Day of Week:		12	x	75	im/kc/dr/sw 20 rest	900
		8	x	75	im/st/fr/st	600
		1	x	400	st kc with fins	400
		8	x	50	free w/ 2 turns	400
		1	x	200	swim	200
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3100

Notes: