The Elgin Blue Wave Master Swim Team

Workout

Lane 8

		Reps		Distance	Description	Total Yards
Date:	10/28/09	8	x	100	20 rest. Dr/sw/dr/sw	800
Day of Week:			x		sec 100, 50 dr/50 swim	0
		1	x	300	choice kc/w fins	300
		3	x	300	sw/pu/sw	900
		1	x	600	warmup	600
		16	x	50	im/free	800
		1	x	100		100
			x			0
			x			0
			x			0
			x			0
			x			0
			x			0
			x			3500

Notes:

all the same