



WORKOUT: **MUSCULAR ENDURANCE (SURF)**
ABILITY: All (Novice - Advanced)
MACHINE: VASA ERGOMETER - with swim paddles
ADDITIONAL: Not required

PREP

- Attach the swim paddles to the Vasa Ergometer. Set the door to DD#1 - 2.

NOTE: Maintain proper form throughout workout. If your form begins to breakdown, reduce the distance. As your endurance improves, you can add distance to the workout. To learn more on the proper technique for the single-arm paddle, go to: [Training Resources -> Surfing -> Individual Exercises](#).

WARM UP

- 100m at an EASY pace; rest for 30 seconds;
- 6x25m at an EASY pace; concentrate on a high elbow catch, engaging your larger back muscles; rest 15 seconds between each 25m;

MAIN SET

- 10x75m;

Set 1-5 at BUILD pace;
Gradually increase speed through the 75m of each set;
Rest 1 Minute between sets;

Sets 6,8,10 at FAST pace
Paddle at fastest sustainable pace for each 75m set;
Rest 1 Minute between each set;

Sets 7,9 at EASY pace
Paddle at an easy, recovery pace for each 75M set;
REST 1 Minute between each set;

Optional: Repeat sets

COOL-DOWN

- 200m at an EASY pace

TOTAL DISTANCE: 1200m - 1950m

KEY DEFINITIONS:

CODE	DEFINITION
DD#	Damper Door Setting (#1-7)
m	Meter
Qty	Quantity
SR	Stroke Rate
NAR	Non-Active Recovery
TT	Steady 1k TEST - Time Trial - Intensity
'	Minute
"	Second

RANGES OF INTENSITY:

INTENSITY	DESCRIPTION	(% OF MAX EFFORT)	AEROBIC/ANAEROBIC
AR	Active Recovery (very easy!)	< 70%	Aerobic
EE	Easy Endurance (easy - moderate)	70 - 80%	Aerobic
UT	Up Tempo (approximate equal to 1k *steady test* intensity - race pace)	80 - 88%	Aerobic
TP	Threshold Pace (steady - hard!)	88 - 95%	Aerobic/Anaerobic
SP	Sprint (very hard!)	95% - max!	Anaerobic