



WORKOUT: **INCREASE STAMINA (AEROBIC ENDURANCE)**  
ABILITY: All levels  
MACHINE: VASA ERGOMETER - with swim paddles

**WARM-UP**

- Swim 10 - 15 minutes of freestyle. Set the damper door to DD#1-2

**WORKOUT**

- Swim 15 - 30 minutes at a steady pace. Strive to maintain a constant power output (watts).

**COOL-DOWN**

- Easy swim of choice stroke for 10 - 15 minutes followed by stretching. Set the damper door to DD#1-2

**TIPS**

- As you progress with your training, set higher power output goals with each session (as it fits into your overall training program).

**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