



WORKOUT: **TIME TRIAL AT RACE INTENSITY**
ABILITY: All levels
MACHINE: VASA ERGOMETER - with swim paddles

PREP

- Swim a set distance while you maintain a specific target pace.
- Record and log your time to evaluate improvement.

WARM-UP

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

WORKOUT

Sprint: Swim 100M at race pace. Recover with easy swim for 5 minutes. Repeat 2-3 times.

Middle: Swim 400M at race pace. Recover with easy swim for 5 minutes. Repeat 1 time.

Distance: Swim 800M at race pace.

NOTE: Set the DD# to the resistance appropriate for your fitness level.

COOL-DOWN

- Easy swim of choice stroke for 10 - 15 minutes at DD#1-2.
- Stretch to complete workout.

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