



AEROBIC +
TOTAL: 2700

- 3x (300, 200, 100)
sw/pu/ki no equip.
pu/ki/sw w/equip.
ki/pu/sw w/equip.
- 4x50 prep for main set
- 6x (150fr + 50ch) r/30
150s: HR 22-24
50s: fast or desc. 1-3
- 100 easy
- 3x30 90%, swim to 50
- 150 cool down



HEART RATE WAVES
TOTAL: 2900

- 600 w/fins (sw, dr, ki)
- 4x50 pu desc. 1-4 to 85%
- 100 easy
- 12x25 O: Nb., E: 15 uw
- 3x (5x100 @1.30-1.50)
3 as HR 22-23
1 as HR 23-25
1 as HR 25+
r/60 after 5
- 200 cool down



FINGER ON THE PULSE
TOTAL: 1400

- 200 choicr w/fins
- 4x50 (25 kick + 25 swim)
- 3x (2x100 + 2x50 + r/60)
- #1 100 HR 135-145
50 HR 135-145
- #2 100 HR 145-155
50 HR 145-155
- #3 100 HR 155-165
50 HR 155-165
- 100 Cool down



CRUISE THROUGH
TOTAL: 3100

- 3x (400 + 200) w/fins
- #1 100 fr, 100 im + ki
- #2 25sc, 75sw + bk ki
- #3 b. 3/5/7 + pad DPS
- 6x75 ch, 25dr + 50 DPS
- 100 im
- 6x50 desc. 1-3 to 90%
- 100 im
- 6x25 w/fins, 20 desc. 1-3
- 200 cool down



SHORTEST PYRAMID
TOTAL: 800

- 100 (25 kick, 25 choice)
- 50 comfy pace r/30
- 75 comfy pace r/30
- 100 comfy pace r/30
- 1500 (100 comfy, 50 hard)
- 100 comfy pace r/30
- 75 comfy pace r/30
- 50 comfy pace r/30
- 100 cool down



SPRINT SET
TOTAL: 3300

- 300 warm up
- 4x75 50 ki + 25 sw
- 100x 25, 100 race pace
20 @55
20 @50
20 @45
20 @40
20@35
Easy as needed after 20
- 200 cool down



HARD SWIM
TOTAL: 1500

- 300 choice w/fins
- 200 kick (50 slow, 50 fast)
- 100 easy, get ready!
- 2x100 best average
- 100 easy
- 2x100 best average
- 100 easy
- 2x50 all out
- 200 cool down



SAME BUT DIFFERENT
TOTAL: 1600

- 200 (100 choice, 100 kick)
- 2x (4x100 + 4x50)
- #1 100s: freestyle
50s: 25 sprint, 25 easy
- #2 100s: easy choice
50s: 25 b. 5, 25 easy
- 200 cool down



DON'T FORGET FINS
TOTAL: 3200

- 300 warm up
- 3x (500, 300, 100 r/30)
- 500: b. 3/5 w/fins
- 300: pu + DPS + pu
- 100: neg. split and 1-3
- 200 cool down



5
♥

THEMAGIC5s
TOTAL: 2375

5x100 50% swim + 25% kick
+ 25% pull
5x (5x25 r/15)
- IM + 1x BS
- Desc. 1-5
- DPS (count)
- Breathing 3-5-7-5-3
- One arm fr
5x 5x50 r/20
O: Pull
E: fr b. 3-5-7-5-3
200 cool down

♥
5

4
♥

KICK & PULL
TOTAL: 2600

4x150 25 drill + 50 sw
6x50 25 scull + 25 sw
6x100 pull
O: Ae, E: neg. split
4x100 50ki + 25 bu ki + 25 ki
2x (3x50 drill +
2x50 w/8-10s sprint)
200 cool down

♥
4

3
♥

LEG DAY
TOTAL: 900

150 choice swim
25 kick
25 breast kick
100 kick
100 kick w/fins
100 kick on back w/fins
100 favorite stroke
100 kick
100 kick w/fins
100 kick on back w/fins

♥
3

2
♥

MIX IT UP
TOTAL: 700

100 (25 drill, 25 choice)
50 freestyle
50 breaststroke
50 backstroke
25 butterfly (or 1 arm)
100 freestyle
100 breaststroke
100 backstroke
25 butterfly (or 1 arm)
75 cool down

♥
2

EXPLAINER CARD
ABBREVIATIONS

@1.30 send off (swim + rest time)
1-3 increase speed each time
ae aerobic swim
AT aerobic threshold
b. breathing, ex. 3/5 strokes
bk backstroke
br breaststroke
bs. your best stroke
bu build from slow to fast
ch choice swim
desc. descending time, ex. 1-3
dob dolphin kick on your back
DPS max Distance Per Stroke
dr drills, your choice
e easy swim
equip. equipment, your choice
fl butterfly

EXPLAINER CARD
ABBREVIATIONS

fr freestyle
FSBS front-side-back-side
HR heartrate, over 10s
im medley
ki kicking
nb. no breathing
neg. split last half faster than first half
O and E odds and evens
pads swim paddles
power fins + paddles, full speed
pu pull, with pull bouy
r/# or r# rest, # = seconds
sc scull
sp sprint swim
sw swim often choice
uw under water
w/ with...

HOW IT WORKS



Download this PDF and print it out at home. You can use regular white paper, or heavy white cardstock if you have any. Don't worry if you don't have a color printer, the workouts will be just as fun without it.



Cut the cards along the lines using scissors or a utility knife. The more precisely you cut the cards, the easier they'll be to handle later.



You're done! Now, get to the pool... If you feel like it, please snap a photo and tag us on Instagram (@themagic5) when you use the cards.
NOTE: Some of the workouts might be longer than you normally swim. Just choose parts of the workout and save the rest for another time. There is no "perfect way" to do it.