

# IM Florida 70.3

## Week 15:

### Swim Workouts



**Total Volume: 8,600 yds**

#### Wednesday (2,600 yds):

**6x50 Swim w/ 20 sec recovery  
3x100 Paddles w/ 20 sec recovery**

**4x500 Swim w/ wetsuit**

#### Notes:

**Training with the new sleeveless wetsuit. Do this swim with my tri kit and do the intervals with the top of my kit on. I would like to do the race with my top up to save time in transition as well as the potential chill in the water since the race is in December and it is a sleeveless wetsuit.**

#### Sunday (3,400 yds):

**4x50 Pull w/ 20 sec recovery  
4x50 Pull w/ Paddles w/ 20 sec recovery**

**1x1500 Pull**

**1x1500 Pull w/ Paddles**

#### Friday (2,600 yds):

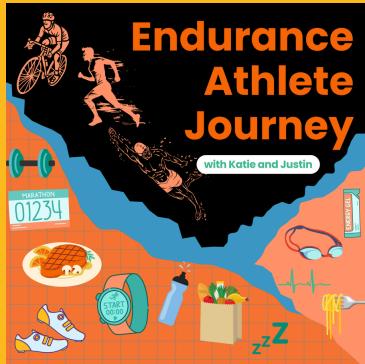
**6x50 Swim w/ 20 sec recovery  
3x100 Paddles w/ 20 sec recovery**

**4x500 Swim w/ wetsuit**

#### Notes:

**Training with the new sleeveless wetsuit. Do this swim with my tri kit and do the intervals with the top of my kit on. I would like to do the race with my top up to save time in transition as well as the potential chill in the water since the race is in December and it is a sleeveless wetsuit.**





# IM Florida 70.3

## Week 15:

### Bike Workouts



**Total Volume: 4 hr. 50 min**

**Monday (30 min):**

7 min Warm Up

3x(2 min @ Zone 2 + 2 min @ Zone 3 + 2 min  
@ Zone 4)

5 min Cool Down

**Tuesday (30 min):**

7 min @ Zone 1 Warm Up

3x(4 min @ Zone 3 + 1 min @ Zone 4 + 1 min  
@ Zone 1)

5 min Cool Down

**Thursday (45 min):**

10 min Warm Up

10 min @ Zone 2 w/ CAD 80-90

20 min @ Zone 3 w/ CAD 75-85

5 min Cool Down

#### **ABBREV:**

- **BG** = Big Gear
- **CAD** = Cadence
- **REC** = Recovery

**Saturday (2 hr 20 min):**

10 min Warm Up

5 min @ Zone 2 w/ CAD 80-90

4x(20 min @ Zone 3 w/ CAD 80-90 +  
10 @ Zone 2 w/ CAD 80-90)

5 min Cool Down

#### **Note:**

Attempt a progressive power effort  
for the Zone 3 intervals

**Sunday (45 min):**

10 min Warm Up

10 min @ Zone 2 w/ CAD 80-90

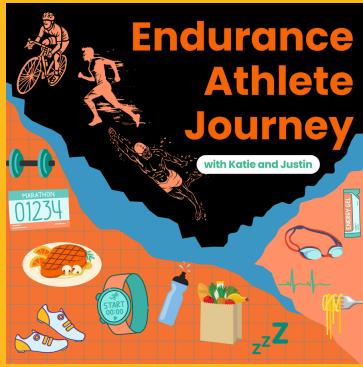
20 min @ Zone 3 w/ CAD 75-85

5 min Cool Down



#### **Notes:**

- All Zones are based on % of FTP. If you don't have a power meter, go by RPE.
- For the BG intervals, you should always be in the smallest chainring in the rear cassette



# IM Florida 70.3

## Week 15: Elliptical Workouts



Total Volume: 3 hr. 10 min

**Monday (30 min):**

**6x5 min Elliptical Cross Training  
(Odd Forward Stride / Even  
Backward Stride)**

**Friday (50 min):**

**8x5 min Elliptical Cross Training (Odd  
Forward Stride / Even Backward  
Stride)**

**Tuesday (30 min):**

**6x5 min Elliptical Cross Training  
(Odd Forward Stride / Even  
Backward Stride)**

**Sunday (30 min):**

**6x5 min Elliptical Cross Training (Odd  
Forward Stride / Even Backward  
Stride)**

**Wednesday (50 min):**

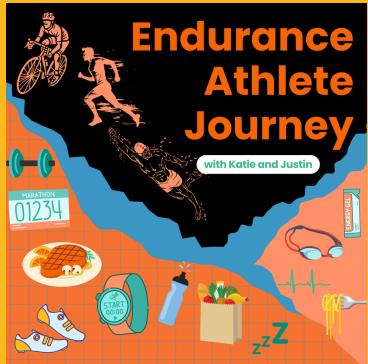
**8x5 min Elliptical Cross Training (Odd  
Forward Stride / Even Backward  
Stride)**



### Notes:

Set the elliptical on an interval-based program to vary the intensity and stride. Do not hold onto the handles to work on balance and core engagement.

Maintain a stride rate of 150+ spm (75+ RPM)



# IM Florida 70.3

## Week 15: Strength Workouts



Total Volume: 2 hr. 35 min

### Monday: Push/Pull Upper Body Version 1

**Close Grip Lat Pulldown (Rep Target = 15-20)**

**Cable Low Row (Rep Target = 15-20)**

**DB Bench Press (Rep Target = 15-20)**

**Cable Tricep Super Set (Rep Target = 8-10)**

- **Single-Arm Cable Tricep Pull Down**
- **Single Arm Cross Body Tricep Extension**

**Monday, Tuesday, and Thursday**

- **20 min of Core**

### Thursday: Push/Pull Upper Body Version 2

**DB Incline Bench Press (Rep Target = 15-20)**

**DB Incline Fly (Rep Target = 15-20)**

**Bent-Over Straight Arm Cable Lat Pulldown (Rep Target = 15-20)**

**Cable Bicep Super Set (Rep Target = 8-10)**

- **Cable Bicep Curl**
- **Close Body Cable Bicep Curl**

