

IM Florida 70.3 Week 14: Swim Workouts



Total Volume: 9,600 yds

Tuesday (3,000 yds):

6x50 Pull w/ 20 sec recovery
3x100 Pull w/ Paddles w/ 20 sec recovery

6x400 Pull (Odd No Paddles / Even Paddles)

Sunday (3,600 yds):

6x50 Pull w/ 20 sec recovery 6x50 Pull w/ Paddles w/ 20 sec recovery

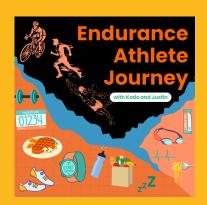
1x1400 Pull w/ Paddles 1x200 Pull w/ Paddles

Friday (3,000 yds)

3x100 Pull 2x100 Pull w/ Paddles

2x500 Pull w/ Paddles





IM Florida 70.3 Week 14: Bike Workouts



Total Volume: 3 hr. 40 min

ABBREV:

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

Saturday (1 hr 50 min): 10 min @ Zone 1 Warm Up 8x(10 min @ Zone 2 w/ CAD 80-90 + 1 min @ Zone 1 REC) 4 min Cool Down



Sunday (1 hr 50 min): 10 min @ Zone 1 Warm Up

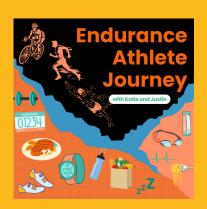
2x(15 min Open Ride (Zone 2-3) +

3-Step Ramp Up (10 min @ Low Zone 2 w/ CAD 75-80 + 10 min High Zone 2 w/ CAD 80-85 + 10 min @ Low Zone 3 w/ CAD 85-90))

10 min Open Ride (Zone 2-3)

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 14: Strength Workouts



Total Volume: 2 hr. 15 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 and Wednesday

• 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

