



# 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**

**1x1400 Pull w/ Paddles**

**1x200 Pull w/ Paddles**

**Friday (3,000 yds)**

**3x100 Pull**

**2x100 Pull w/ Paddles**

**2x500 Pull**

**3x500 Pull w/ Paddles**





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## 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





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## 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

