

IM Florida 70.3

Week 16:

Swim Workouts



Total Volume: 4,300 yds

Tuesday (2,200 yds):

3x100 Pull

3x100 Pull w/ Paddles

2x400 Pull

2x400 Pull w/ Paddles

Saturday (TBD):

Open water swim at the race venue. Distance is to be determined. Goal of the swim is to get a feel for the cold water and conditions in the lake.

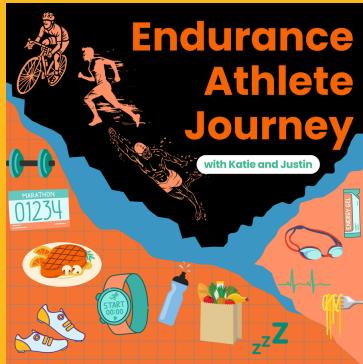
Friday (2,100 yds):

3x700 Pull

Notes:

No warm up. Just start swimming. Still swimming with a pull buoy because of the mobility issues with the ankle.





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Week 16:

Bike Workouts



Total Volume: 3 hr. 03 min

Monday (33 min):

6 min @ Zone 1 Warm Up
4x(10 min @ Zone 2 w/ CAD 80-90 w/ 1 min easy)
5 min @ Zone 1 Cool Down

ABBREV:

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

Tuesday (45 min):

10 min Warm Up
2 min @ Zone 2 w/ CAD 80-90
2x(3 min BG @ Zone 4 and CAD 45-55 w/ 1 min REC)
2 min @ Zone 2 w/ CAD 80-90
2x(4 min BG @ Zone 4 and CAD 45-55 w/ 1 min REC)
2 min @ Zone 2 w/ CAD 80-90
1x(5 min BG @ Zone 4 and CAD 45-55 w/ 1 min REC)
5 min Cool Down

Thursday (45 min):

10 min Warm Up
5 min @ Zone 2
4 min @ Zone 3
3 min @ Zone 4
3x(1 min @ Zone 5 w/ 1 min REC)
1 min @ Zone 5
3 min @ Zone 4
4 min @ Zone 3
5 min @ Zone 2
4 min Cool Down

Wednesday (40 min):

40 min Zone 1-2 Flush Ride

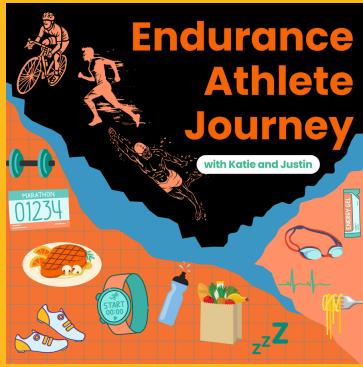
Saturday (20 min):

20 min Spin on the bike to ensure it is functioning properly.



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 16: Elliptical Workouts



Total Volume: 2 hr. 00 min

Monday (40 min):

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

Wednesday (40 min):

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

Tuesday (40 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)

