



# IM Florida 70.3

## Week 9:

# Swim Workouts



**Total Volume: 9,600 yds**

### Tuesday (3,000 yds):

2x100 Swim w/ fins on 20 sec recovery  
2x100 Pull w/ 20 sec recovery  
2x100 Pull w/ Paddles w/ 20 sec recovery

3x300 Swim  
3x300 Pull  
2x300 Pull w/ Paddles

### Sunday (3,600 yds):

4x50 Swim w/ fins on 20 sec recovery  
4x50 Pull w/ 20 sec recovery  
4x50 Pull w/ Paddles w/ 20 sec recovery

1x1000 Swim  
1x1000 Pull  
1x1000 Pull w/ Paddles

### Friday (3,000 yds)

2x100 Swim w/ fins  
2x100 Pull  
2x100 Pull w/ Paddles

3x400 Pull  
3x400 Pull w/ Paddles





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## Week 9:

### Bike Workouts



Total Volume: 9 hr. 00 min

#### ABBREV:

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

#### Monday (55 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

#### Wednesday (55 min):

10 min @ Zone 1 Warm Up  
11 min @ Zone 2 w/ CAD 80-90  
6x(2 min BG @ Zone 5 w/ CAD 50-55 + 1 min @ Zone 1 REC)  
11 min @ Zone 2 w/ CAD 80-90  
5 min @ Zone 1 Cool Down

#### Thursday (80 min):

10 min @ Zone 1 Warm Up  
8 min @ Zone 2 w/ CAD 80-90  
4x(10 min @ Zone 4 BG w/ CAD 50-55 + 3 min @ Zone 2 w/ CAD 80-90)  
5 min @ Zone 2 w/ CAD 80-90  
5 min @ Zone 1 Cool Down

#### Saturday (4 hr. 30 min):

Part 1 (outdoors) : 2:23 Open Ride

#### Part 2 (indoors):

10 min Open Ride (Zone 1-3)  
2x(3-Step Ramp Up (10 min @ Low Zone 2 w/ Cadence 75-80 + 10 min High Zone 2 w/ Cadence 80-85 + 10 min @ Low Zone 3 w/ Cadence 85-90) + 10 min Open Ride (Zone 2-3))

3-Step Ramp Up (10 min @ Low Zone 2 w/ Cadence 75-80 + 10 min High Zone 2 w/ Cadence 80-85 + 10 min @ Low Zone 3 w/ Cadence 85-90) + 7 min Open Ride (Zone 2-3)

#### Sunday (80 min):

80 min Open Ride on the gravel bike

#### 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 9:

### Run Workouts



**Total Volume: 4 hr. 35 min**

**Monday (50 min):**  
5 min Walking Warm Up  
5x(7 min Zone 2 w/ 2 min Walk)

**Friday (70 min):**  
5 min Walking Warm Up  
7x(7 min Zone 2 w/ 2 min Walk)  
2 min Zone 2 Run

**Tuesday (70 min):**  
5 min Walking Warm Up  
7x(7 min Zone 2 w/ 2 min Walk)  
2 min Zone 2 Run

**Saturday (35 min):**  
5 min Walking Warm Up  
3x(7 min Zone 2 w/ 2 min Walk)  
3 min Zone 2 Run

**Do this run after the long bike session. Part of a brick session.**

**Wednesday (50 min):**  
5 min Walking Warm Up  
5x(7 min Zone 2 w/ 2 min Walk)

**I alternate between various shoe types featuring distinct heel-to-toe drop measurements, aiming to effectively regulate calf muscle stress.**

- 50 min Runs = Higher Heel-To-Toe Drop (8mm)
- 35 and 70 min Runs = Lower Heel-to-Toe Drop (4mm)





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## Week 9:

# Strength Workouts



Total Volume: 2 hr. 45 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

Tuesday, Wednesday, and Friday

- 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

