



IM Florida 70.3

Week 16:

Swim Workouts



Total Volume: 4,840 yds

Tuesday (2,200 yds):

3x100 Pull
3x100 Pull w/ Paddles

2x400 Pull
2x400 Pull w/ Paddles

Saturday (540 yds):

Do several laps of the of the area they have available to athletes at the race venue.

Do this swim in the wetsuit and use the time to get acclimated to the water for race day.

Friday (2,100 yds):

3x700 Pull





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Week 16:

Bike Workouts



Total Volume: 3 hr. 03 min

ABBREVI:

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

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

Wednesday (40 min):

40 min Zone 1-2 Flush Ride

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



Saturday (20 min):

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

This is done at the race venue.

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

Tuesday (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)