



# IM Florida 70.3

## Week 4:

# Swim Workouts



Total Volume: 8,800 yds

### Tuesday (2,800 yds):

4x50 Swim w/ fins on 20 sec recovery  
4x50 Pull w/ 20 sec recovery  
5x50 Pull w/ Paddles w/ 20 sec recovery

4x100 Swim  
6x100 Swim (Odd Pull / Even Swim)  
4x100 Pull w/ Paddles  
6x100 Swim w/ Paddles (Even Buoy / Odd No Buoy)

3x100 Swim w/ Fins

### Sunday (3,000 yds):

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

1x600 Swim  
2x600 Pull  
1x600 Pull w/ Paddles

### Friday (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

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

3x100 Swim w/ Fins





# IM Florida 70.3

## Week 4:

### Bike Workouts



Total Volume: 7 hr. 10 min

#### ABBREV:

- BG = Big Gear
- CAD = Cadence

#### Monday (65 min):

10 min Warm Up

5 min Zone 2 @ CAD 80-90

3x(11 min Zone 4 BG @ CAD 50-55 w/ 2 min Recovery)

7 min Zone 4 BG @ CAD 50-55

4 min Cool Down

#### Saturday (3 hr. 30 min):

3:30 Zone 2-3 Ride

#### Sunday (65 min):

65 min Open Ride on the Gravel Bike

#### Wednesday (45 min):

10 min @ Zone 1 Warm Up

30 min @ Zone 2 w/ CAD 80-90

5 min @ Zone 1 Cool Down

#### Thursday (45 min):

5 min Warm Up

4 min @ Zone 2-3

8x(30 sec @ Zone 4 w/ 30 sec @ Zone 2)

8x(60 sec @ Zone 4 w/ 30 sec @ Zone 2)

10 min @ Zone 2

6 min Cool Down



#### 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 4:

### Run Workouts



Total Volume: 3 hr. 35 min

**Wednesday, Thursday, and Saturday (35 min):**  
**5 min Walk Warm Up**  
**4x(5 min Open Run w/ 2 min Walk)**  
**2 min Open Run**



**Tuesday and Friday (50 min):**  
**5 min Walk Warm Up**  
**6x(5 min @ Open Run w/ 2:30 min Walk)**  
**5 min @ Open Run**

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

- **Longer Runs = Higher Heel-To-Toe Drop (8mm)**
- **Shorter Runs = Lower Heel-to-Toe Drop (4mm)**

#### **Notes:**

- Saturday run was part of a brick session, but I run before the bike. This approach is used solely for scheduling and getting in the number of runs and bikes per week needed.



# IM Florida 70.3

## Week 4:

# Strength Workouts



Total Volume: 3 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

Monday, Wednesday, and Thursday

- 20 min of Core

### Wednesday: Lower Body

Leg Extension Super Set (Rep Target = 8-10)

- Seated Single-Leg Extension
- Seated Double-Leg Extension

Leg Press Super Set (Rep Target = 8-10)

- Single-Leg Leg Press
- Double-Leg Leg Press

Seated Leg Curl (Rep Target = 15-20)

Hip Thrust (Rep Target = 15-20)

Seated Calf Press Super Set

- Toes Pointed Out
- Toes Pointed In
- Toes Pointed Straight



### 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