



IM Florida 70.3

Week 12:

Swim Workouts



Total Volume: 7,900 yds

Tuesday (2,500 yds):

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

2x300 Swim
2x300 Pull
2x300 Pull w/ Paddles
1x100 Pull w/ Paddles

Friday (2,800 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
1x600 Pull
1x400 Pull
1x600 Pull w/ Paddles

Wednesday (2,600 yds)

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

3x400 Pull
2x400 Pull w/ Paddles





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Week 12:

Bike Workouts



Total Volume: 6 hr. 45 min

Tuesday (40 min):

10 min Warm Up

9 min @ Zone 2

2x(

2 min @ Zone 2 + 2 min @ Zone 3 +

2 min @ Zone 4 + 2 min @ Zone 5)

5 min Cool Down

ABBREV:

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

Saturday (40 min):

40 min @ Zone 1 Recovery Spin

Wednesday (60 min):

10 min Warm Up

2x(5 min @ Zone 3 w/ 1 min REC)

3 min @ Zone 2 w/ CAD 80-90

3x(3 min @ Zone 4 w/ 1 min REC)

3 min @ Zone 2 w/ CAD 80-90

2x(5 min @ Zone 3 w/ 1 min REC)

3 min @ Zone 2 w/ CAD 80-90

5 min Cool Down

Sunday (3 hr. 25 min):

3:25 Open Ride

Note:

This is part of a bike/run brick session

Friday (60 min):

10 min Warm Up

20 min @ Zone 2 w/ CAD 80-90

25 min @ Zone 3 w/ CAD 80-90

5 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



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Week 12:

Run Workouts



Total Volume: 3 hr. 42 min

Monday (55 min):
5 min Walking Warm Up
6x(7 min @ Zone 2 Run w/ 1 min Walk)
2 min @ Zone 2 Run

Sunday (37 min):
5 min Walking Warm Up
4x(7 min Zone 2 w/ 1 min Walk)

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

Tuesday and Thursday (37 min):
5 min Walking Warm Up
4x(7 min @ Zone 2 Run w/ 1 min Walk)

Saturday:
Richmond 8K Race

Strategy: 7 min Run w/ 1 min Walk



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

- Tues and Thurs Runs = Higher Heel-To-Toe Drop (8mm)
- Mon, Sat, and Sun Runs = Lower Heel-to-Toe Drop (4mm)



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Week 12:

Strength Workouts



Total Volume: 2 hr. 35 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, Thursday, 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

