



# IM Florida 70.3

## Week 14:

# Swim Workouts



Total Volume: 9,600 yds

### Tuesday (3,000 yds):

- 6x50 Pull w/ 20 sec recovery
- 3x100 Pull w/ Paddles w/ 20 sec recovery
  
- 6x400 Pull (Odd No Paddles / Even Paddles)

### Sunday (3,600 yds):

- 6x50 Pull w/ 20 sec recovery
- 6x50 Pull w/ Paddles w/ 20 sec recovery
  
- 1x1400 Pull
- 1x1400 Pull w/ Paddles
- 1x200 Pull w/ Paddles

### Friday (3,000 yds)

- 3x100 Pull
- 2x100 Pull w/ Paddles
  
- 2x500 Pull
- 3x500 Pull w/ Paddles





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## Week 14:

### Bike Workouts



Total Volume: 3 hr. 40 min

#### ABBREV:

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

#### Saturday (1 hr 50 min):

10 min @ Zone 1 Warm Up

8x(10 min @ Zone 2 w/ CAD 80-90 +

1 min @ Zone 1 REC)

4 min Cool Down

#### Sunday (1 hr 50 min):

10 min @ Zone 1 Warm Up

2x(15 min Open Ride (Zone 2-3) +

3-Step Ramp Up (

10 min @ Low Zone 2 w/ CAD 75-80 +

10 min High Zone 2 w/ CAD 80-85 +

10 min @ Low Zone 3 w/ CAD 85-90)

)

10 min Open Ride (Zone 2-3)



#### 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 14:

### Strength Workouts



Total Volume: 2 hr. 15 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 and Wednesday

- 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

