



IM Florida 70.3

Week 10:

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

1x1100 Swim
1x1100 Pull
1x800 Pull w/ Paddles

Friday (3,000 yds)

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

3x400 Pull
3x400 Pull w/ Paddles





IM Florida 70.3

Week 10:

Bike Workouts



Total Volume: 9 hr. 00 min

ABBREVI:

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

Tuesday (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

Saturday (4 hr. 30 min):

4:30 Open Brick Ride

Note:

This is part of a bike/run brick session

Wednesday (55 min):

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

Sunday (80 min):

80 min Open Ride on the gravel bike

Thursday (80 min):

10 min Warm Up
5 min @ Zone 2 w/ CAD 80-90
4x(3 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC)
5 min @ Zone 2 w/ CAD 80-90
3x(4 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC)
5 min @ Zone 2 w/ CAD 80-90
3x(5 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC)
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 10:

Run Workouts



Total Volume: 4 hr. 35 min

Monday and Wednesday (50 min):
5 min Walking Warm Up
5x(7 min Ramp Up w/ 2 min Walk)

Interval Execution Strategy:
Increase pace each min during the run segment.

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

Interval Execution Strategy:
Odd Interval = Progressive Run w/ pace increase each minute
Even Interval = Upper Zone 2 Effort

Tuesday (70 min):
Workout Details:
5 min Walking Warm Up
7x(7 min Progressive Run w/ 2 min Walk)
2 min Open Run

Interval Execution Strategy:
Intervals are progressive with each interval being faster than the previous.

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 bike/run brick session.

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)





IM Florida 70.3

Week 10:

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, 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

