



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

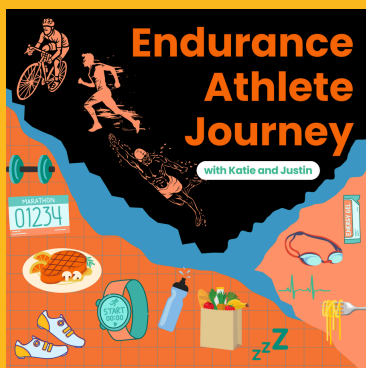
1x1100 Swim
1x1100 Pull
1x800 Pull w/ Paddles

Friday (3,000 yds)

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

3x400 Pull
3x400 Pull w/ Paddles





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Week 10:

Bike Workouts



Total Volume: 9 hr. 00 min

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

ABBREV:

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

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



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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.

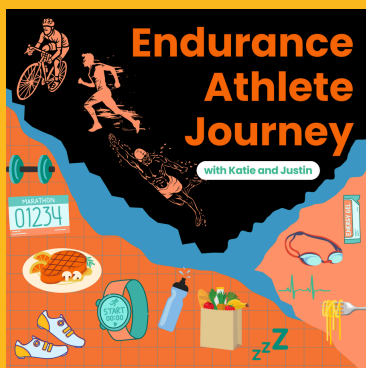
Saturday (35 min):
 5 min Walking Warm Up
 3x(7 min Zone 2 w/ 2 min Walk)
 3 min Zone 2 Run

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)





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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

