



# IM Florida 70.3

## Week 13:

### Swim Workouts



Total Volume: 9,600 yds

#### Tuesday (3,000 yds):

6x50 Swim w/ 20 sec recovery  
3x100 Paddles w/ 20 sec recovery

6x400 Swim w/ wetsuit

#### Notes:

Training with the new sleeveless wetsuit. Do this swim with my tri kit and do the intervals with the top of my kit on. I would like to do the race with my top up to save time in transition as well as the potential chill in the water since the race is in December and it is a sleeveless wetsuit.

#### 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

1x1400 Swim

1x1400 Pull

1x200 Pull w/ Paddles

#### Friday (3,000 yds)

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

2x500 Pull  
3x500 Pull w/ Paddles





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## Week 13:

### Bike Workouts



Total Volume: 9 hr. 00 min

#### ABBREVI:

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

#### Monday (55 min):

10 min Warm Up  
8x(4 min @ Zone 2 w/ 1 min @ Zone 5)  
5 min Cool Down

#### Wednesday (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

#### Thursday (80 min):

10 min Warm Up  
5 min @ Zone 2 w/ CAD 80-90  
2x(20 min @ Zone 3 w/ CAD 80-90 + 10 @ Zone 2 w/ CAD 80-90)  
5 min Cool Down

#### Saturday (4 hr 30 min):

4:30 Open Ride

Note: This is part of a bike/run brick session.

#### Sunday (80 min):

8 min @ Zone 1 Warm Up

2x(  
3-Step Ramp Up (  
5 min @ Zone 2 w/ CAD 80-90 +  
5 min @ Zone 3 w/ CAD 80-90 +  
5 min @ Zone 4 w/ CAD 80-90)

1 min @ Zone 1 REC

3x(5 min @ Zone 4 BG w/ CAD 50-55 w/ 1 min @ Zone 1 REC))

4 min @ Zone 1 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 13:

### Run Workouts



**Total Volume: 4 hr. 35 min**

**Monday (50 min):**  
5 min Walking Warm Up  
5x(7 min @ Zone 2 Effort w/ 1 min Walk)  
5 min @ Zone 2 Effort

**Tuesday (70 min):**  
5 min Walking Warm Up  
8x(7 min @ Zone 2 Run w/ 1 min Walk)  
1 min @ Zone 2 Run

**Wednesday (50 min):**  
5 min Walking Warm Up  
5x(7 min Ramp Up w/ 1 min Walk)  
5 min @ Zone 2 Effort

**Note:**  
Increase pace each min during the run segment.

**Friday (70 min):**  
5 min Walking Warm Up  
8x(7 min Ramp Up w/ 1 min Walk)  
1 min @ Zone 2 Effort

**Note:**  
Odd Interval = Progressive Run w/  
pace increase each minute  
Even Interval = Zone 2 Effort

**Saturday (35 min):**  
5 min Walking Warm Up  
3x(7 min Zone 2 w/ 1 min Walk)  
6 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.

- Mon and Wed Runs = Higher Heel-To-Toe Drop (8mm)
- Tue, Fri, and Sat Runs = Lower Heel-to-Toe Drop (4mm)



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## Week 13:

### 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

Tuesday, Wednesday, and Thursday

- 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

