

**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

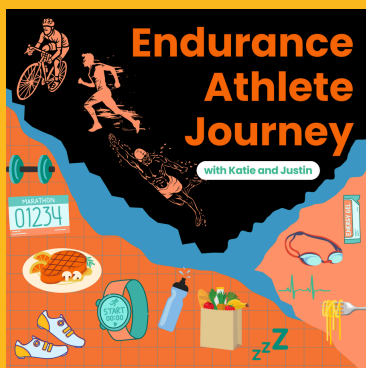
## Wednesday (2,600 yds)

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

## 3x400 Pull

## 2x400 Pull w/ Paddles





# IM Florida 70.3

## Week 12:

### Bike Workouts



Total Volume: 6 hr. 45 min

#### ABBREV:

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

#### 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

#### Saturday (40 min):

40 min @ Zone 1 Recovery Spin

#### Sunday (3 hr. 25 min):

3:25 Open Ride

#### Note:

This is part of a bike/run brick session

#### 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

#### 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





# IM Florida 70.3

## Week 12:

### Run Workouts



Total Volume: X hr. XX 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)

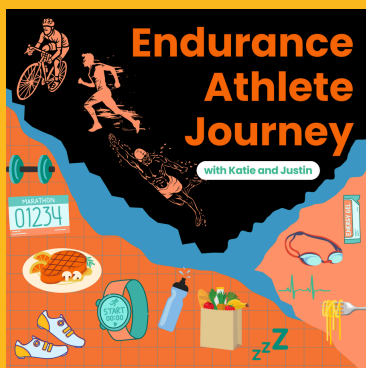
**Saturday:**  
Richmond 8K Race

**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)



# IM Florida 70.3

## 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

