

IM Florida 70.3 Week 6: Swim Workouts



Total Volume: 7,100 yds

Tuesday (2,200 yds):

4x50 Swim w/ fins on 20 sec recovery 4x50 Pull w/ 20 sec recovery 4x50 Pull w/ Paddles w/ 20 sec recovery

1x100 Swim
2x250 Swim
2x250 Pull
2x250 Pull w/ Paddles

Sunday (2,500 yds):

4x50 Swim w/ fins on 20 sec recovery 4x50 Pull w/ 20 sec recovery 4x50 Pull w/ Paddles w/ 20 sec recovery

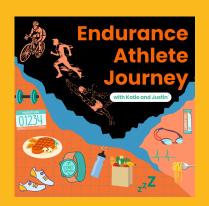
1x100 Swim
2x300 Swim
2x300 Pull
2x300 Pull w/ Paddles

Friday (2,400 yds)

4x50 Swim w/ fins on 20 sec recovery 4x50 Pull w/ 20 sec recovery 4x50 Pull w/ Paddles w/ 20 sec recovery

2x300 Swim
2x300 Pull
2x300 Pull w/ Paddles





IM Florida 70.3 Week 6: Bike Workouts



Total Volume: 5 hr. 40 min

ABBREV:

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

Monday (35 min):
10 min Warm Up
4 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 (2 hr. 50 min): 2:50 Open Ride

Wednesday (35 min): 10 min @ Zone 1 Warm Up 20 min @ Zone 2 w/ CAD 80-90 5 min @ Zone 1 Cool Down

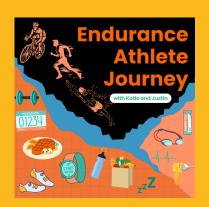
Sunday (50 min): 50 min Open Ride on the gravel bike

Thursday (50 min):
10 min @ Zone 1 Warm Up
10 min @ Zone 2 w/ CAD 80-90
5x(2 min BG @ Zone 4 w/ CAD 5055 + 1 min @ Zone 1 REC)
10 min @ Zone 2 w/ CAD 80-90
5 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



IM Florida 70.3 Week 6: Run Workouts



Total Volume: 3 hr. 00 min

Monday and Wednesday (30 min): 6 min Walking Warm Up 3x(6 min Zone 2 Run w/ 2 min Walk)

Saturday (30 min): 6 min Walking Warm Up 3x(6 min Open Run w/ 2 min Walk)

Do this run before the long bike session

Tuesday and Friday (45 min): 5 min Walking Warm Up 5x(6 min Open Run w/ 2 min Walk)

Execute this as a progressive run with each interval faster than the previous.



I alternate between various shoe types featuring distinct heel-to-toe drop measurements, aiming to effectively regulate calf muscle stress.

- Longer Runs = Higher Heel-To-Toe Drop (8mm)
- Shorter Runs = Lower Heel-to-Toe Drop (4mm)

Notes:

• Saturday run was part of a brick session, but I run before the bike. This approach is used solely for scheduling and getting in the number of runs and bikes per week needed.



IM Florida 70.3 Week 6: Strength Workouts



Total Volume: 3 hr. 45 min

Monday: Push/Pull Upper Body Version 1 Close Grip Lat Pulldown (Rep Target = 20) Cable Low Row (Rep Target = 20) DB Bench Press (Rep Target = 20) Cable Tricep Super Set (Rep Target = 10)

- Single-Arm Cable Tricep Pull Down
- Single Arm Cross Body Tricep Extension

Wednesday: Lower Body

Leg Extension Super Set (Rep Target = 10)

- Seated Single-Leg Extension
- Seated Double-Leg Extension

Leg Press Super Set (Rep Target = 10)

- Single-Leg Leg Press
- Double-Leg Leg Press

Seated Leg Curl (Rep Target = 20)

Hip Thrust (Rep Target = 20)

Seated Calf Press Super Set

- Toes Pointed Out
- Toes Pointed In
- Toes Pointed Straight

Tuesday, Thursday, and Friday

• 20 min of Core



Thursday: Push/Pull Upper Body Version 2
DB Incline Bench Press (Rep Target = 20)
DB Incline Fly (Rep Target = 20)
Bent-Over Straight Arm Cable Lat Pulldown (Rep Target = 20)
Cable Bicep Super Set (Rep Target = 10)

- Cable Bicep Curl
 - Close Body Cable Bicep Curl