



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





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Week 6:

Bike Workouts



Total Volume: 5 hr. 40 min

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

ABBREV:

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

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 50-55 + 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



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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.



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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

Tuesday, Thursday, and Friday

- 20 min of Core

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

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

