



IM Florida 70.3

Week 1:

Swim Workouts



Total Volume: 7,900 yds

Tuesday (2,500 yds):

2x100 Swim w/ fins on 20 sec recovery
2x100 Pull w/ 20 sec recovery
2x100 Pull w/ Paddles w/ 20 sec recovery

5x100 Swim Hard (take as long as needed to recover from effort)
4x100 Pull w/ Paddles
5x100 Swim Hard (take as long as needed to recover from effort)
4x100 Pull w/ Paddles

2x100 Swim w/ Fins

Sunday (3,000 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
3x300 Pull w/ Paddles

3x100 Swim w/ Fins

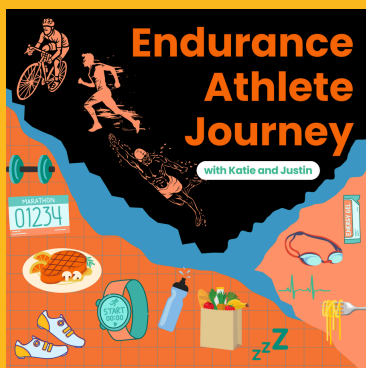
Friday (2,700 yds)

3x100 Swim w/ fins on 20 sec recovery
3x100 Pull w/ 20 sec recovery
3x100 Pull w/ Paddles w/ 20 sec recovery

3x100 Swim Descending
3x200 Pull
3x200 Pull w/ Paddles

3x100 Swim w/ Fins





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Week 1:

Bike Workouts



Total Volume: 6 hr. 35 min

ABBREV:

- BG = Big Gear
- CAD = Cadence

Monday (40 min):

10 min Warm Up

10 min @ Zone 2 w/ CAD 80-90

15 min @ Zone 3 w/ CAD 75-85

5 min Cool Down

Saturday (3 hr. 15 min):

3:15 Zone 2-3 Ride

Wednesday (40 min):

10 min @ Zone 1 Warm Up

25 min @ Zone 2 w/ CAD 80-90

5 min @ Zone 1 Cool Down

Sunday (60 min):

60 min Open Ride

Thursday (60 min):

10 min Warm Up

5x(30 sec Spin Ups @ CAD 100+ on 30 sec recovery)

5 min @ Zone 2 @ CAD 80-90

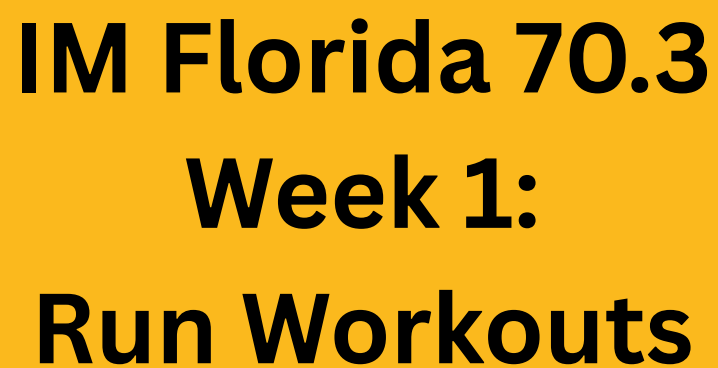
3x(10 min @ Zone 4 BG @ CAD 50-55 w/ 2 min recovery)

4 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



Total Volume: 3 hr. 25 min

Monday, Wednesday, and Saturday (35 min):
5 min Walk Warm Up
5x(4 min @ Zone 2 Run w/ 2 min Walk)



Tuesday and Friday (50 min):
5 min Walk Warm Up
5x(4 min @ Zone 2 Run w/ 4 min Walk)
5 min @ Zone 2 Run

I am implementing a new strategy for my running by alternating between various shoe types featuring distinct heel-to-toe drop measurements, aiming to effectively regulate calf muscle stress.

- **Long Run = Higher Heel-To-Toe Drop (8mm)**
- **Short Run = Lower Heel-to-Toe Drop (4mm)**

Notes:

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



IM Florida 70.3

Week 1:

Strength Workouts



Total Volume: 3 hr. 30 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

Wednesday: Lower Body
 Leg Extension Super Set (Rep Target = 8-10)

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

Leg Press Super Set (Rep Target = 8-10)

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

Seated Leg Curl (Rep Target = 15-20)
 Hip Thrust (Rep Target = 15-20)
 Seated Calf Raise Super Set

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



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