



IM Florida 70.3

Week 9:

Swim Workouts



Total Volume: 9,600 yds

Tuesday (3,000 yds):

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

3x300 Swim
3x300 Pull
2x300 Pull w/ Paddles

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

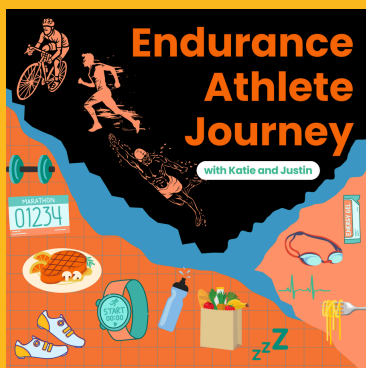
1x1000 Swim
1x1000 Pull
1x1000 Pull w/ Paddles

Friday (3,000 yds)

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

3x400 Pull
3x400 Pull w/ Paddles





IM Florida 70.3

Week 9:

Bike Workouts



Total Volume: 9 hr. 00 min

ABBREV:

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

Monday (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

Wednesday (55 min):

10 min @ Zone 1 Warm Up
11 min @ Zone 2 w/ CAD 80-90
6x(2 min BG @ Zone 5 w/ CAD 50-55 + 1 min @ Zone 1 REC)
11 min @ Zone 2 w/ CAD 80-90
5 min @ Zone 1 Cool Down

Thursday (80 min):

10 min @ Zone 1 Warm Up
8 min @ Zone 2 w/ CAD 80-90
4x(10 min @ Zone 4 BG w/ CAD 50-55 + 3 min @ Zone 2 w/ CAD 80-90)
5 min @ Zone 2 w/ CAD 80-90
5 min @ Zone 1 Cool Down

Saturday (4 hr. 30 min):

Part 1 (outdoors) : 2:23 Open Ride

Part 2 (indoors):

10 min Open Ride (Zone 1-3)
2x(3-Step Ramp Up (10 min @ Low Zone 2 w/ Cadence 75-80 + 10 min High Zone 2 w/ Cadence 80-85 + 10 min @ Low Zone 3 w/ Cadence 85-90) + 10 min Open Ride (Zone 2-3))

3-Step Ramp Up (10 min @ Low Zone 2 w/ Cadence 75-80 + 10 min High Zone 2 w/ Cadence 80-85 + 10 min @ Low Zone 3 w/ Cadence 85-90) + 7 min Open Ride (Zone 2-3)

Sunday (80 min):

80 min Open Ride on the gravel bike

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 9:

Run Workouts



Total Volume: 4 hr. 35 min

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

Friday (70 min):
5 min Walking Warm Up
7x(7 min Zone 2 w/ 2 min Walk)
2 min Zone 2 Run

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

Saturday (35 min):
5 min Walking Warm Up
3x(7 min Zone 2 w/ 2 min Walk)
3 min Zone 2 Run

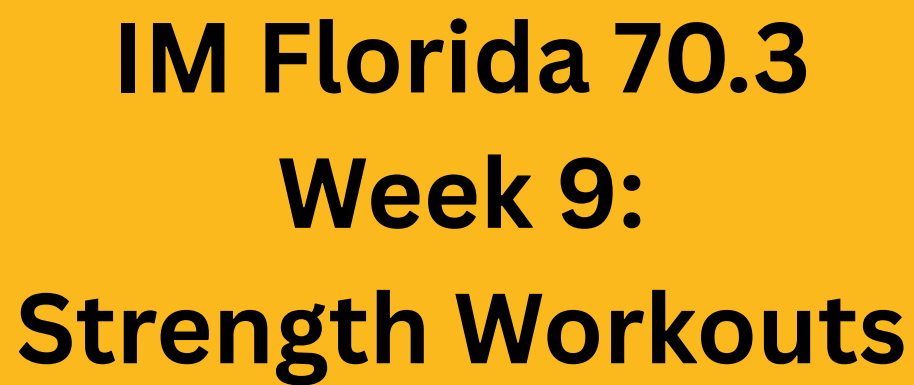
Do this run after the long bike session. Part of a brick session.

Wednesday (50 min):
5 min Walking Warm Up
5x(7 min Zone 2 w/ 2 min Walk)

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

- 50 min Runs = Higher Heel-To-Toe Drop (8mm)
- 35 and 70 min Runs = Lower Heel-to-Toe Drop (4mm)





Total Volume: 2 hr. 45 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 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**

