



IM Florida 70.3

Week 4:

Swim Workouts



Total Volume: 8,800 yds

Tuesday (2,800 yds):

4x50 Swim w/ fins on 20 sec recovery
4x50 Pull w/ 20 sec recovery
5x50 Pull w/ Paddles w/ 20 sec recovery

4x100 Swim
6x100 Swim (Odd Pull / Even Swim)
4x100 Pull w/ Paddles
6x100 Swim w/ Paddles (Even Buoy / Odd No Buoy)

3x100 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

1x600 Swim
2x600 Pull
1x600 Pull w/ Paddles

Friday (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

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

3x100 Swim w/ Fins





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Week 4:

Bike Workouts



Total Volume: 7 hr. 10 min

ABBREV:

- BG = Big Gear
- CAD = Cadence

Monday (65 min):

10 min Warm Up

5 min Zone 2 @ CAD 80-90

3x(11 min Zone 4 BG @ CAD 50-55 w/ 2 min Recovery)

7 min Zone 4 BG @ CAD 50-55

4 min Cool Down

Saturday (3 hr. 30 min):
3:30 Zone 2-3 Ride

Sunday (65 min):

65 min Open Ride on the Gravel Bike

Wednesday (45 min):

10 min @ Zone 1 Warm Up

30 min @ Zone 2 w/ CAD 80-90

5 min @ Zone 1 Cool Down

Thursday (45 min):

5 min Warm Up

4 min @ Zone 2-3

8x(30 sec @ Zone 4 w/ 30 sec @ Zone 2)

8x(60 sec @ Zone 4 w/ 30 sec @ Zone 2)

10 min @ Zone 2

6 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



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Week 4:

Run Workouts



Total Volume: 3 hr. 35 min

Wednesday, Thursday, and Saturday (35 min):
5 min Walk Warm Up
4x(5 min Open Run w/ 2 min Walk)
2 min Open Run



Tuesday and Friday (50 min):
5 min Walk Warm Up
6x(5 min @ Open Run w/ 2:30 min Walk)
5 min @ Open Run

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 4:

Strength Workouts



Total Volume: 3 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

Monday, Wednesday, and Thursday

- 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 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 = 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