



IM Florida 70.3

Week 5:

Swim Workouts



Total Volume: 9,000 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 (Odd No Buoy / Even Buoy)

2x100 Swim w/ Fins

Sunday (3,200 yds):

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

2x250 Swim
1x700 Swim
1x700 Pull
1x700 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

4x300 Pull
4x300 Pull w/ Paddles





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Week 5:

Bike Workouts



Total Volume: 7 hr. 35 min

ABBREV:

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

Monday (45 min):

5 min Warm Up
4 min @ Zone 2-3
8x(30 sec @ Zone 5 w/ 30 sec @ Zone 2)
8x(60 sec @ Zone 5 w/ 30 sec @ Zone 2)
10 min @ Zone 2
6 min Cool Down

Wednesday (45 min):

10 min @ Zone 1 Warm Up
30 min @ Zone 2 w/ CAD 80-90
5 min @ Zone 1 Cool Down

Thursday (70 min):

10 min Warm Up
4 min Zone 2 @ Cadence 80-90
4x(11 min Zone 4 BG @ CAD 50-55
w/ 2 min REC)
4 min Cool Down

***For the BG intervals, minutes 3
and 9 will be a Zone 5 60-second
hill sprint.**

Saturday (3 hr. 45 min):

1:13 Zone 2-3 Ride (outdoors)

Indoor Portion:

**3x(15 min Open Ride (Zone 1-3) +
3-Step Ramp Up (
10 min @ Low Zone 2 w/ CAD 75-80 +
10 min High Zone 2 w/ CAD 80-85 +
10 min @ Low Zone 3 w/ CAD 85-90))**

18 min Open Ride (Zone 2-3)

Sunday (70 min):

10 min Warm Up
6 min @ Zone 2 w/ Cadence 75-85
4 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC
5 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC
6 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC
7 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC
6 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC
5 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC
4 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC
5 min @ Zone 2 w/ Cadence 75-85
5 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 5:

Run Workouts



Total Volume: 4 hr. 00 min

Wednesday, Thursday, and Saturday (40 min):
5 min Walk Warm Up
5x(5 min Open Run w/ 1:30 min Walk)
2:30 min Open Run



Tuesday and Friday (60 min):
5 min Walking Warm Up
7x(5 min @ Open Run / 2:30 Walk)
2:30 Open Run

***Even Interval will be a progressive run with an increase in pace every minute.**
Odd Interval will be a Zone 2 Effort.

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 5:

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

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 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