

# 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

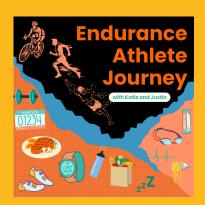
2x250 Swim 1x700 Swim 1x700 Pull 1x700 Pull w/ Paddles

## 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 w/ Paddles





# IM Florida 70.3 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

## 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)

# 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.

# 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

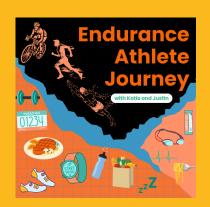
4 min BG @ Zone 4 and CAD 50-55 w/ 1 min REC

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



# IM Florida 70.3 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.



# IM Florida 70.3 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

# **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

# Tuesday, Thursday, 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