



IM Florida 70.3

Week 13:

Swim Workouts



Total Volume: 9,600 yds

Tuesday (3,000 yds):

**6x50 Swim w/ 20 sec recovery
3x100 Paddles w/ 20 sec recovery**

6x400 Swim w/ wetsuit

Notes:

Training with the new sleeveless wetsuit. Do this swim with my tri kit and do the intervals with the top of my kit on. I would like to do the race with my top up to save time in transition as well as the potential chill in the water since the race is in December and it is a sleeveless wetsuit.

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**

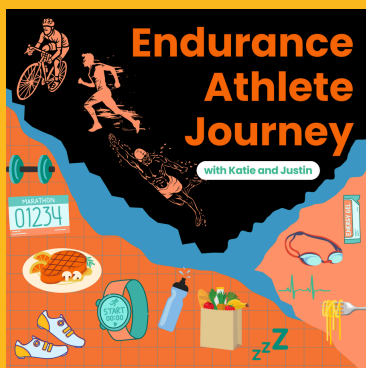
**1x1400 Swim
1x1400 Pull
1x200 Pull w/ Paddles**

Friday (3,000 yds)

**1x100 Swim w/ fins
2x100 Pull
2x100 Pull w/ Paddles**

**2x500 Pull
3x500 Pull w/ Paddles**





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Week 13:

Bike Workouts



Total Volume: 9 hr. 00 min

ABBREV:

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

Monday (55 min):

10 min Warm Up
8x(4 min @ Zone 2 w/ 1 min @ Zone 5)
5 min Cool Down

Wednesday (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

Thursday (80 min):

10 min Warm Up
5 min @ Zone 2 w/ CAD 80-90
2x(20 min @ Zone 3 w/ CAD 80-90 + 10 @ Zone 2 w/ CAD 80-90)
5 min Cool Down

Saturday (4 hr 30 min):

4:30 Open Ride

Note: This is part of a bike/run brick session.

Sunday (80 min):

8 min @ Zone 1 Warm Up

2x(
3-Step Ramp Up (
5 min @ Zone 2 w/ CAD 80-90 +
5 min @ Zone 3 w/ CAD 80-90 +
5 min @ Zone 4 w/ CAD 80-90)

1 min @ Zone 1 REC

3x(5 min @ Zone 4 BG w/ CAD 50-55 w/ 1 min @ Zone 1 REC))

4 min @ Zone 1 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 13:

Run Workouts



Total Volume: 4 hr. 35 min

Monday (50 min):
5 min Walking Warm Up
5x(7 min @ Zone 2 Effort w/ 1 min Walk)
5 min @ Zone 2 Effort

Tuesday (70 min):
5 min Walking Warm Up
8x(7 min @ Zone 2 Run w/ 1 min Walk)
1 min @ Zone 2 Run

Wednesday (50 min):
5 min Walking Warm Up
5x(7 min Ramp Up w/ 1 min Walk)
5 min @ Zone 2 Effort

Note:
Increase pace each min during the run segment.

Friday (70 min):
5 min Walking Warm Up
8x(7 min Ramp Up w/ 1 min Walk)
1 min @ Zone 2 Effort

Note:
Odd Interval = Progressive Run w/
pace increase each minute
Even Interval = Zone 2 Effort

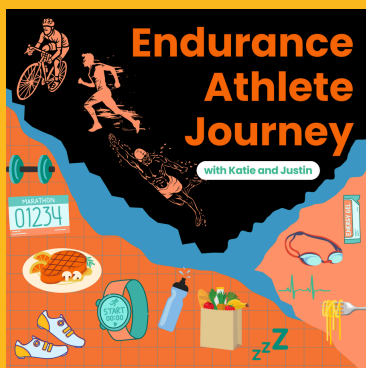
Saturday (35 min):
5 min Walking Warm Up
3x(7 min Zone 2 w/ 1 min Walk)
6 min Zone 2 Run

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



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

- Mon and Wed Runs = Higher Heel-To-Toe Drop (8mm)
- Tue, Fri, and Sat Runs = Lower Heel-to-Toe Drop (4mm)



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Week 13:

Strength Workouts



Total Volume: 2 hr. 35 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 Thursday

- 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

