

IM Florida 70.3 Week 7: Swim Workouts



Total Volume: 9,300 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

1x150 Swim
3x250 Swim
3x250 Pull
3x250 Pull w/ Paddles

Sunday (3,300 yds):

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

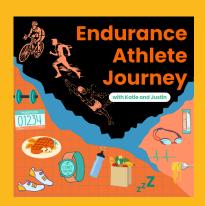
1x300 Swim 1x800 Swim 1x800 Pull 1x800 Pull w/ Paddles

Friday (3,000 yds)

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

4x300 Pull w/ Paddles





IM Florida 70.3 Week 7: Bike Workouts



Total Volume: 8 hr. 10 min

Monday (50 min):

10 min Warm Up

3 min @ Zone 2 w/ CAD 80-90

2x(3 min @ Zone 3 w/ 1 min REC)

3 min @ Zone 2 w/ CAD 80-90

2x(3 min @ Zone 4 w/ 1 min REC)

3 min @ Zone 2 w/ CAD 80-90

2x(4 min @ Zone 3 w/ 1 min REC)

2 min @ Zone 2 w/ CAD 80-90

3 min Cool Down

Wednesday (50 min):

5 min @ Zone 1 Warm Up

4x(9 min @ Zone 2 w/ CAD 80-90 w/ 1 min easy)

5 min @ Zone 1 Cool Down

Thursday (75 min):

10 min Warm Up

9 min Zone 2 @ CAD 80-90

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

min Recovery)

4 min Cool Down

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

ABBREV:

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

Saturday (4 hr. 00 min): 4:00 Open Ride

Sunday (75 min):

10 min Warm up

2x(5 min @ Zone 3, 2 min @ Zone 4, 5

min @ Zone 2)

2x(1 min @ Zone 5, 2 min @ Zone 2, 5

min @ Zone 3)

2x(2 min @ Zone 2, 5 min @ Zone 3, 2

min @ Zone 4)

7 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 7: Run Workouts



Total Volume: 4 hr. 25 min

Monday (45 min): 5 min Walking Warm Up 5x(6 min Progressive w/ 2 min Walk)

Note:

Increase pace each min during the run segment.

Tuesday (65 min):
5 min Walking Warm Up
2 min @ Zone 2 Effort Run
7x(6 min Progressive Run w/ 2 min Walk)
2 min Open Run

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

Wednesday (45 min):
6 min Walking Warm Up
3x(6 min @ Zone 2 Effort w/ 2 min Walk)

Friday (65 min):
5 min Walking Warm Up
2 min @ Zone 2 Effort Run
7x(6 min Open Run w/ 2 min Walk)
2 min Open Run

Interval Execution Strategy: Intervals are progressive with each interval being faster than the previous.

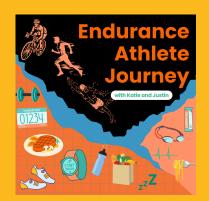
Saturday (45 min): 5 min Walking Warm Up 5x(6 min Open Run w/ 2 min Walk)

Do this run before the long bike session

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)





IM Florida 70.3 Week 7: 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