



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
4x300 Pull w/ Paddles





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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



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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.

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.

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

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

Wednesday (45 min):

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

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)





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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

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