



IM Florida 70.3

Week 3:

Swim Workouts



Total Volume: 8,400 yds

Tuesday (2,500 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
4x100 Swim (Odd Pull / Even Swim)
4x100 Pull w/ Paddles
4x100 Swim w/ Paddles (Even Buoy / Odd No Buoy)

3x100 Swim w/ Fins

Sunday (3,100 yds):

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

1x500 Swim
2x500 Pull
2x500 Pull w/ Paddles

Friday (2,800 yds)

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

2x250 Swim
3x250 Pull
3x250 Pull w/ Paddles

2x100 Swim w/ Fins





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Week 3:

Bike Workouts



Total Volume: 7 hr. 05 min

ABBREV:

- BG = Big Gear
- CAD = Cadence

Monday (45 min):

10 min @ Zone 1 Warm Up

2 min @ Zone 2

4x(5 min @ Zone 3 + 1 min @ Zone 5 + 1 min @ Zone 1)

5 min @ Zone 1 Cool Down

Saturday (3 hr. 30 min):

3:30 Zone 2-3 Ride

Sunday (65 min):

65 min Open Ride on the gravel bike

Wednesday (45 min):

10 min @ Zone 1 Warm Up

30 min @ Zone 2 w/ CAD 80-90

5 min @ Zone 1 Cool Down

Thursday (60 min):

7 min Zone 2 @ CAD 80-90

3x(11 min Zone 4 Big Gear @ CAD 50-55 w/ 2 min Recovery)

4 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 3:

Run Workouts



Total Volume: 3 hr. 38 min

Monday, Wednesday, and Saturday (36 min):
5 min Walk Warm Up
4x(6 min @ Zone 2 Run w/ 2 min Walk)



Tuesday and Friday (55 min):
5 min Walk Warm Up
5x(6 min @ Zone 2 Run w/ 4 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)**

Notes:

- Monday, Wednesday, and Saturday runs are 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 3:

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

