



IM Florida 70.3

Week 2:

Swim Workouts



Total Volume: 8,200 yds

ABBREV:

- E = Easy Effort
- H = Hard Effort

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 (Descending by 25)
4x100 Swim (25 E / 25 H / 25 E / 25 H)
4x100 Pull w/ Paddles (50 E / 50 H)
3x100 Pull w/ Paddles (25 H / 75 E, 50 H / 50 E,
75 H / 25 E)
1x100 Swim H

3x100 Swim w/ Fins

Sunday (3,000 yds):

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

2x400 Swim
2x400 Pull
2x400 Pull w/ Paddles

Friday (2,700 yds)

3x100 Swim w/ fins on 20 sec recovery
3x100 Pull w/ 20 sec recovery
3x100 Pull w/ Paddles w/ 20 sec recovery

3x100 Swim Descending
3x200 Pull
3x200 Pull w/ Paddles

3x100 Swim w/ Fins





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Week 2:

Bike Workouts



Total Volume: 6 hr. 35 min

ABBREV:

- BG = Big Gear
- CAD = Cadence

Monday (40 min):

5 min Warm Up

3x(4 min @ Zone 3 + 3 min @ Zone 4 +
2 min @ Zone 5 + 2 min @ Zone 1)

2 min @ Zone 1 Cool Down

Saturday (3 hr. 15 min):

3:15 Zone 2-3 Ride

Wednesday (40 min):

10 min @ Zone 1 Warm Up

25 min @ Zone 2 w/ CAD 80-90

5 min @ Zone 1 Cool Down

Sunday (60 min):

10 min Warm Up

5 min @ Zone 2 + 4 min @ Zone 3

3 min @ Zone 4 + 3x(1 min @ Zone 5
w/ 1 min recovery)

1 min @ Zone 5 + 3 min @ Zone 4 + 4
min @ Zone 3 + 5 min @ Zone 2

4 min @ Zone 3 + 3 min @ Zone 4 +
3x(1 min @ Zone 5 w/ 1 min
recovery) + 1 min @ Zone 5

5 min Cool Down

Thursday (60 min):

10 min Warm Up

3 min @ Zone 2 w/ CAD 80-85

2x(8 min BG @ Zone 4 w/ CAD 50-55 +
1 min easy)

3 min @ Zone 2 w/ CAD 80-85

2x(8 min BG @ Zone 4 w/ CAD 50-55 +
1 min easy)

3 min @ Zone 2 w/ CAD 80-85

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



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Week 2:

Run Workouts



Total Volume: 3 hr. 25 min

Monday, Wednesday, and Saturday (35 min):
5 min Walk Warm Up
4x(5 min @ Zone 2 Run w/ 2 min Walk)



Tuesday and Friday (50 min):
5 min Walk Warm Up
5x(5 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 2:

Strength Workouts



Total Volume: 3 hr. 30 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 Raise 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

