

# 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

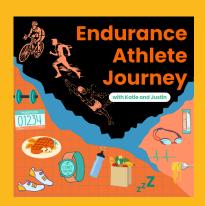
### **Friday (2,700 yds)**

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





# IM Florida 70.3 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

Wednesday (40 min):

10 min @ Zone 1 Warm Up

25 min @ Zone 2 w/ CAD 80-90

5 min @ Zone 1 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

Saturday (3 hr. 15 min): 3:15 Zone 2-3 Ride

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 +

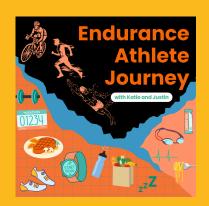
3x(1 min @ Zone 5 w/ 1 min

recovery) + 1 min @ Zone 5

5 min Cool Down

#### 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 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)



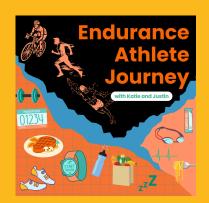
Tuesday and Friday (50 min): 5 min Walk Warm Up 5x(5 min @ Zone 2 Run w/ 4 min Walk)

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.



# IM Florida 70.3 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

**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

**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