



# IM Florida 70.3

## Week 11:

### Swim Workouts



Total Volume: 9,600 yds

#### Tuesday (3,000 yds):

6x50 Swim w/ 20 sec recovery  
3x100 Paddles w/ 20 sec recovery

8x300 Swim w/ wetsuit

#### Note:

Testing out the new sleeveless wetsuit to see how it feels. Do this swim with my tri kit and do the intervals with the top of my kit on. I would like to do the race with my top up to save time in transition as well as the potential chill in the water since the race is in December and it is a sleeveless wetsuit.

#### Sunday (3,600 yds):

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

1x1200 Swim

1x1200 Pull

1x600 Pull w/ Paddles

#### Friday (3,000 yds)

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

3x400 Pull  
3x400 Pull w/ Paddles





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## Week 11:

### Bike Workouts



Total Volume: 9 hr. 00 min

#### Monday (55 min):

10 min Warm Up  
15 min @ Zone 2 w/ CAD 80-90  
25 min @ Zone 3 w/ CAD 80-90  
5 min Cool Down

#### Wednesday (55 min):

6 min @ Zone 1 Warm Up  
4x(10 min @ Zone 2 w/ CAD 80-90 w/ 1 min easy)  
5 min @ Zone 1 Cool Down

#### Thursday (80 min):

8 min @ Zone 1 Warm Up

2x[

3-Step Ramp Up (

5 min @ Zone 2 w/ CAD 80-90 +

5 min @ Zone 3 w/ CAD 80-90 +

5 min @ Zone 4 w/ CAD 80-90)

1 min @ Zone 1 REC

3x(5 min @ Zone 4 BG w/ CAD 50-55 w/ 1

min @ Zone 1 REC)]

4 min @ Zone 1 Cool Down

#### ABBREVIATIONS:

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

#### Saturday (4 hr. 30 min):

4:30 Open Brick Ride

#### Note:

This is part of a bike/run brick session

#### Sunday (80 min):

80 min Open Ride on the gravel bike



#### 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 11:

### Run Workouts



Total Volume: 4 hr. 35 min

**Monday and Wednesday (50 min):**  
5 min Walking Warm Up  
5x(7 min @ Zone 2 w/ 1 min Walk)  
5 min @ Zone 2 Run

**Saturday (35 min):**  
5 min Walking Warm Up  
3x(7 min Zone 2 w/ 1 min Walk)  
6 min Zone 2 Run

Do this run after the long bike session. Part of a bike/run brick session.

**Tuesday and Friday (70 min):**  
5 min Walking Warm Up  
8x(7 min @ Zone 2 Run w/ 1 min Walk)  
1 min @ Zone 2 Run



I alternate between various shoe types featuring distinct heel-to-toe drop measurements, aiming to effectively regulate calf muscle stress.

- 50 min Runs = Higher Heel-To-Toe Drop (8mm)
- 35 and 70 min Runs = Lower Heel-to-Toe Drop (4mm)



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## Week 11:

# Strength Workouts



Total Volume: 2 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, Wednesday, and Thursday

- 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

