

Coconut Workouts

Standard Distance Triathlon



Build Sunday

| TYPE | CONTENT | QTY | DISTANCE | % EFFORT | MINUTES | RECOVERY | TIME |
|-----------------------|-----------------|-----|-----------------------|----------|--------------|--------------------|---------------|
| Sunday -- SWIM | | | | | | | (or Interval) |
| Warm-Up | Warm-up | 1 | 250 | 70% | 6:15 | 1:00 | 7:15 |
| Drill | Catch-up | 2 | 25 | 75% | 1:10 | 0:10 | 1:30 |
| Drill | Distance/Stroke | 2 | 25 | 75% | 1:10 | 0:10 | 1:30 |
| Drill | Turnover | 2 | 25 | 100% | 0:53 | 0:10 | 1:12 |
| Drill | Combine All | 2 | 25 | 100% | 0:53 | 0:10 | 1:12 |
| Main Set | Freestyle | 4 | 300 | 85% | 23:20 | 6:11 | 24:42 |
| Drill | Sculling | 1 | 50 | 75% | 1:10 | 1:00 | 2:10 |
| Warm-Down | Warm-down | 1 | 100 | 70% | 2:30 | | 2:30 |
| 1 Set Interval | | | Distance: 1800 | | 37:20 | Total Time: | 42:02 |

| TYPE | CONTENT | QTY | DISTANCE | % EFFORT | MINUTES | RECOVERY | TIME |
|--------------------------|---------------|-----|-----------------------|----------|---------|--------------------|----------------|
| Sunday -- BIKE | | | | | | | |
| Warm-up | Warm-up | 1 | 3.5 | 70% | 15:00 | | 0:15:00 |
| Speed | 80 cadence | 1 | 0.6 | 85% | 1:00 | 1:00 | 0:02:00 |
| Speed | 85 cadence | 1 | 0.9 | 85% | 2:00 | 1:00 | 0:03:00 |
| Speed | 90 cadence | 1 | 1.1 | 85% | 3:00 | 1:00 | 0:04:00 |
| Speed | 85 cadence | 1 | 1.4 | 85% | 4:00 | 1:00 | 0:05:00 |
| Speed | 90 cadence | 1 | 0.7 | 100% | 1:00 | 1:00 | 0:02:00 |
| Speed | 95 cadence | 1 | 1.0 | 100% | 2:00 | 1:00 | 0:03:00 |
| Speed | 90 cadence | 1 | 1.3 | 100% | 3:00 | 1:00 | 0:04:00 |
| Speed | 85 cadence | 1 | 0.6 | 85% | 1:00 | 1:00 | 0:02:00 |
| Speed | 95 cadence | 1 | 1.0 | 100% | 2:00 | 1:00 | 0:03:00 |
| Steady State | 85-90 cadence | 1 | 12.3 | 80% | 45:00 | 1:00 | 0:46:00 |
| Warm-down | Warm-down | 1 | 2.3 | 70% | 10:00 | | 0:10:00 |
| Stair-Step-Steady | | | Distance: 26.6 | | | Total Time: | 1:39:00 |

| TYPE | CONTENT | QTY | DISTANCE | % EFFORT | MINUTES | RECOVERY | TIME |
|----------------------|--------------|-----|----------------------|----------|---------|--------------------|----------------|
| Sunday -- RUN | | | | | | | |
| Warm-Up | Warm-up | 1 | 1.0 | 70% | 10:00 | | 10:00 |
| Pacing | Steady state | 4 | 1.0 | 85% | 32:56 | 1:00 | 36:56 |
| Warm-Down | Warm-down | 1 | 1.0 | 60% | 11:40 | | 11:40 |
| Pacing | | | Distance: 6.0 | | | Total Time: | 0:58:36 |

Choose 1 or 2 disciplines for your workout from above.

Adjust quantities, distances, or times to meet your needs.

Personalized workouts: <https://www.palmtreesahead.com/coconut-workout-guide>