

# Coconut Workouts

## Standard Distance Triathlon



BASE WEEK 15

Workouts Prepared  
Exclusively for  
**YOUR NAME HERE**  
August 1, 2019

BASE WEEK 15

Week's Objectives:

- 1.)
- 2.)
- 3.)

Week Totals:

Swim: 3750  
Bike: 82  
Run: 16  
Hours: 7:28

Swim Base (100 M) 1:25  
Bike Base (mph) 24.5  
Run Base (mile time) 6:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME				
<b>Monday -- RUN</b>								<b>Thursday -- BIKE</b>											
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34	Warm-up	Warm-up	1	1.4	70%	5:00		0:05:00				
Pacing	Steady state	1	2.0	80%	15:00	1:00	16:00	Steady State	85 cadence	4	3.8	85%	10:00	1:00	0:44:00				
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00	Warm-down	Warm-down	1	1.6	80%	5:00		0:05:00				
<b>Pacing</b>		<b>Distance:</b>		<b>3.5</b>		<b>Total Time:</b>		<b>0:29:34</b>		<b>Pacing</b>		<b>Distance:</b>		<b>18.3</b>		<b>Total Time:</b>		<b>0:54:00</b>	
<b>Monday -- SWIM</b>								<b>Friday -- RUN</b>											
<i>(or Interval)</i>																			
Warm-Up	Warm-up	1	100	70%	2:01	1:00	3:01	Warm-Up	Warm-up	1	1.0	70%	8:34		8:34				
Drill	Catch-up	1	25	75%	0:28	0:10	0:38	Fartlek	Variable	1			22:30	1:00	23:30				
Drill	Distance/Stroke	1	25	75%	0:28	0:10	0:38	Warm-Down	Warm-down				5:00		5:00				
Drill	Turnover	1	25	100%	0:21	0:10	0:31	<b>Total Time:</b>								<b>0:37:04</b>			
Drill	Combine All	1	25	100%	0:21			<i>(or Interval)</i>											
Main Set	Freestyle	4	200	80%									3:02	1:00	4:02				
Drill	Sculling	1											6:40	7:05	7:05				
Warm-Down	Warm-down												10:00	5:19	10:37				
<b>1 Set Interval</b>																0:57	1:00	1:57	
<b>Tuesday -- BIKE</b>								<b>Friday -- BIKE</b>											
Warm-up	Warm-up							Warm-up	Warm-up							2:01	2:01		
Climb--Rollers	8							Steady State	Spin	1	26.4	85%	1:15:00	1:00	1:16:00				
Warm-down	Warm-down							Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00				
<b>Climb Day</b>								<b>Steady State</b>		<b>Distance:</b>		<b>30.7</b>		<b>Total Time:</b>		<b>1:31:00</b>			
<b>Wednesday -- RUN</b>								<b>Friday -- BIKE</b>											
Warm-Up	Warm-up							Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00				
Pacing	Steady state							Steady State	Spin	1	26.4	85%	1:15:00	1:00	1:16:00				
Warm-Down	Warm-down							Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00				
<b>Pacing</b>		<b>Distance:</b>		<b>1300</b>		<b>Total Time:</b>		<b>22:54</b>		<b>Distance:</b>		<b>30.7</b>		<b>Total Time:</b>		<b>1:31:00</b>			
<b>Wednesday -- SWIM</b>								<b>Friday -- BIKE</b>											
Warm-Up	Warm-up							Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00				
Drill	Catch-up							Steady State	Spin	1	26.4	85%	1:15:00	1:00	1:16:00				
Drill	Distance/Stroke							Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00				
Main Set	Freestyle							<b>Total Time:</b>								<b>0:32:47</b>			
Drill	Sculling							<i>(or Interval)</i>											
Warm-Down	Warm-down												4:17		4:17				
<b>1 Set Interval</b>																22:30	1:00	23:30	
<b>Wednesday -- SWIM</b>								<b>Friday -- BIKE</b>											
Warm-Up	Warm-up							Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00				
Drill	Catch-up							Steady State	Spin	1	26.4	85%	1:15:00	1:00	1:16:00				
Drill	Distance/Stroke							Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00				
Main Set	Freestyle							<b>Total Time:</b>								<b>0:32:47</b>			
Drill	Sculling							<i>(or Interval)</i>											
Warm-Down	Warm-down												4:17		4:17				
<b>1 Set Interval</b>																22:30	1:00	23:30	
<b>Wednesday -- SWIM</b>								<b>Friday -- BIKE</b>											
Warm-Up	Warm-up							Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00				
Drill	Catch-up							Steady State	Spin	1	26.4	85%	1:15:00	1:00	1:16:00				
Drill	Distance/Stroke							Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00				
Main Set	Freestyle							<b>Total Time:</b>								<b>0:32:47</b>			
Drill	Sculling							<i>(or Interval)</i>											
Warm-Down	Warm-down												4:17		4:17				
<b>1 Set Interval</b>																22:30	1:00	23:30	
<b>Wednesday -- SWIM</b>								<b>Friday -- BIKE</b>											
Warm-Up	Warm-up							Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00				
Drill	Catch-up							Steady State	Spin	1	26.4	85%	1:15:00	1:00	1:16:00				
Drill	Distance/Stroke							Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00				
Main Set	Freestyle							<b>Total Time:</b>								<b>0:32:47</b>			
Drill	Sculling							<i>(or Interval)</i>											
Warm-Down	Warm-down												4:17		4:17				
<b>1 Set Interval</b>																22:30	1:00	23:30	

**Call for Power, Flexibility & Workout Objectives: 1.630.457.7889**







# Coconut Workouts

## Standard Distance Triathlon



RACE 1 TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	3.0	80%	22:30	1:00	23:30
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Pacing</b>			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:37:04

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- SWIM</b>							
(or Interval)							
Warm-Up	Warm-up	1	250	70%	5:04	1:00	6:04
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Drill	Turnover	2	25	100%	0:43	0:10	1:03
Drill	Combine All	2	25	100%	0:43	0:10	1:03
Main Set	Freestyle	1	300	80%			
Main Set	Freestyle	2					
Main Set	Freestyle	2					
Drill	S						
Warm-Down	W						

**Down Distance w/**

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- BIKE</b>							
Warm-up	V						
Climb	7						
Descend	c						
Warm-down	V						
<b>Rolling Hills</b>							

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Wednesday -- RUN</b>							
Warm-Up	V						
Fartlek	V						
Recovery	E						
Tempo	S						
Warm-Down	V						
<b>Mash-up</b>							

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Wednesday -- SWIM</b>							
(or Interval)							
Warm-Up	V	1	250	70%	5:04	1:00	6:04
Drill	C	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Drill	Turnover	2	25	100%	0:43	0:10	1:03
Drill	Combine All	2	25	100%	0:43	0:10	1:03
Main Set	Freestyle	4	200	85%	12:36	3:20	13:20
Main Set	Freestyle	2	100	100%	2:42	1:25	2:50
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>2 Set Interval</b>			<u>Distance:</u> 1600				<u>Total Time:</u> 30:50

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	85 cadence	2	4.5	85%	12:00	1:00	0:26:00
Steady State	90 cadence	2	3.5	95%	8:00	1:00	0:18:00
Warm-down	Warm-down	1	3.3	80%	10:00		0:10:00
<b>Push Fast</b>			<u>Distance:</u> 22.1				<u>Total Time:</u> 1:04:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1			8:34		8:34
Pacing	Steady state				8:34	1:00	9:34
					13:20	3:00	16:20
					5:00		5:00
<b>Total Time:</b>							0:39:29

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
(or Interval)							
					5:04	1:00	6:04
					2:59	0:47	3:09
					5:00	5:19	5:19
					6:18	3:20	6:40
					4:15	1:29	4:28
					0:57	1:00	1:57
					3:02		3:02
<b>Total Time:</b>					27:34		30:38

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
					10:00		0:10:00
					7:00	2:00	0:45:00
					5:00		0:05:00
<b>Total Time:</b>							1:00:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
		1	1.0	70%	8:34		8:34
	Steady state	1	1.0	85%	7:04	2:00	9:04
		1	1.0	95%	6:19	2:00	8:19
Warm-Down	Warm-down	1	1.0	70%	8:34		8:34
<b>Brick Day</b>			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:34:31

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Speed	90 cadence	3	4.3	95%	8:00	3:00	0:33:00
Speed	90 cadence	1	0.8	100%	1:00	1:00	0:02:00
Speed	90 cadence	1	1.2	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.6	100%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.2	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	0.8	100%	1:00	1:00	0:02:00
Steady State	90 cadence	1	5.2	80%	15:00	1:00	0:16:00
Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00
<b>Stair-Step-Steady</b>			<u>Distance:</u> 28.0				<u>Total Time:</u> 1:18:00

Workouts Prepared  
Exclusively for  
**YOUR NAME HERE**  
August 1, 2019

RACE 1 TAPER WEEK -1

<b>Week's Objectives:</b>	
1.)	
2.)	
3.)	

<b>Week Totals:</b>	
Swim:	5000
Bike:	92
Run:	18
Hours:	8:20
Swim Base (100 M)	1:25
Bike Base (mph)	24.5
Run Base (mile time)	6:00

**Call for Power, Flexibility & Workout Objectives: 1.630.457.7889**

