

Coconut Workouts

IM Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
Drill	Distance/Stroke	2	25	75%	1:00	0:10	1:20
Main Set	Freestyle	2	300	80%	10:35	5:37	11:15
Main Set	Freestyle	2	200	85%	6:40	3:32	7:04
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	250	70%	5:21		5:21
Down Distance w/Speed			Distance: 1650		30:58	Total Time:	34:41

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	3	3.4	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Steady State			Distance: 15.8			Total Time:	0:53:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	3.0	75%	26:00	1:00	27:00
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Pacing			Distance: 4.5			Total Time:	0:40:56

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>