

Coconut Workouts

Standard Distance Triathlon



Workouts Prepared
Exclusively for
YOUR NAME HERE
December 1, 2018

BASE WEEK 11

Week's Objectives:

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

Week Totals:
Swim: 3650
Bike: 76
Run: 15
Hours: 7:30

Swim Base (100 M) 1:35
Bike Base (mph) 22.0
Run Base (mile time) 6:15

BASE WEEK 11

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	8:56		8:56
Pacing	Steady state	1	2.0	80%	15:37	1:00	16:37
Warm-Down	Warm-down	1	0.5	60%	5:13		5:13
Pacing			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:30:46
<i>(or Interval)</i>							
Monday -- SWIM							
Warm-Up	Warm-up	1	100	70%	2:16	1:00	3:16
Drill	One-arm Left	1	25	75%	0:32	0:10	0:42
Drill	One-arm Right	1	25	75%	0:32	0:10	0:42
Drill	Catch-up	1	25	100%	0:24	0:10	0:34
Drill	Combine All	1	25	100%	0:24	0:10	0:34
Main Set	Freestyle	1	800	85%	14:04	14:54	14:54
Drill	Sculling	1	50	75%	1:03	1:00	2:03
Warm-Down	Warm-down	1	100	70%	2:16		2:16
1 Set Interval			<u>Distance:</u> 1150		<u>21:30</u>		<u>Total Time:</u> 25:00
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Chain Links	90 cadence	20	0.5	85%	1:00	0:30	0:30:00
Chain Links	90 cadence	10	0.5	90%	1:00	0:30	0:15:00
Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00
Chain Link Speed Day			<u>Distance:</u> 19.4				<u>Total Time:</u> 1:05:00
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	8:56		8:56
Pacing	Steady state	1	2.0	85%	14:42	1:00	15:42
Warm-Down	Warm-down	1	0.5	70%	4:28		4:28
Pacing			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:29:06
<i>(or Interval)</i>							
Wednesday -- SWIM							
Warm-Up	Warm-up	1	150	70%	3:24	1:00	4:24
Drill	Catch-up	2	25	75%	1:03	0:10	1:23
Drill	Distance/Stroke	2	25	75%	1:03	0:10	1:23
Main Set	Freestyle	1	200	80%	3:44	3:58	3:58
Main Set	Freestyle	1	200	85%	3:31	3:44	3:44
Main Set	Freestyle	1	200	90%	3:20	3:31	3:31
Main Set	Freestyle	1	200	100%	3:01	3:10	3:10
Drill	Sculling	1	50	75%	1:03	1:00	2:03
Warm-Down	Warm-down	1	100	70%	2:16		2:16
1 Set Interval			<u>Distance:</u> 1200		<u>22:25</u>		<u>Total Time:</u> 25:51

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	1.3	70%	5:00		0:05:00
Steady State	85 cadence	1	6.9	85%	20:00	2:00	0:22:00
Steady State	90 cadence	1	6.9	85%	20:00	2:00	0:22:00
Steady State	95 cadence	1	2.4	95%	5:00	2:00	0:07:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Cadence Creep			<u>Distance:</u> 18.9				<u>Total Time:</u> 0:56:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	8:56		8:56
Fartlek	Variable	1	3.0	85%	22:04	1:00	23:04
Warm-Down	Warm-down	1	0.5	60%	5:13		5:13
Fartlek			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:37:12
<i>(or Interval)</i>							
Friday -- SWIM							
Warm-Up	Warm-up	1	150	70%	3:24	1:00	4:24
Main Set	Freestyle	1	500	80%	9:19	9:54	9:54
Main Set	Freestyle	5	100	85%	8:48	1:52	9:19
Drill	Sculling	1	50	75%	1:03	1:00	2:03
Warm-Down	Warm-down	1	100	70%	2:16		2:16
2 Set Interval			<u>Distance:</u> 1300		<u>24:49</u>		<u>Total Time:</u> 27:55
Saturday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	1	10.3	80%	30:00	5:00	0:35:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 14.3				<u>Total Time:</u> 0:50:00
Saturday -- RUN							
Warm-Up	Warm-up	1	0.5	70%	4:28		4:28
Pacing	Steady state	1	2.0	80%	15:37	1:00	16:37
Warm-Down	Warm-down	1	0.5	60%	5:13		5:13
Brick Day			<u>Distance:</u> 3.0				<u>Total Time:</u> 0:26:18
Sunday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	Spin	2	9.7	85%	30:00	1:00	1:02:00
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
Steady State			<u>Distance:</u> 23.2				<u>Total Time:</u> 1:17:00