

Coconut Workouts

Sprint Distance Triathlon



Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BASE WEEK

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	2150
Bike:	34
Run:	9
Hours:	4:51
Swim Base (100 M)	1:50
Bike Base (mph)	17.0
Run Base (mile time)	9:30

BASE WEEK

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	3.0	90%	31:40	1:00	32:40
Warm-Down	Warm-down	1	0.5	75%	6:20		6:20
Pacing			Distance:	4.5	Total Time:		0:50:52
Day #2 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	100	75%	2:27	1:00	3:27
Drill	Catch-up	1	25	75%	0:37	0:10	0:47
Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47
Drill	Turnover	1	25	100%	0:28	0:10	0:38
Drill	Combine All	1	25	100%	0:28	0:10	0:38
Main Set	Freestyle	5	150	85%	15:17	3:14	16:11
Drill	Sculling	1	25	75%	0:37	1:00	1:37
Warm-Down	Warm-down	1	75	75%	1:50		1:50
1 Set Interval			Distance:	1050	22:18	Total Time: 25:52	
Day #3 -- BIKE							
Warm-up	Warm-up	1	2.3	80%	10:00		0:10:00
Steady	Spin	1	11.5	90%	45:00		0:45:00
Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
Steady State			Distance:	14.9	Total Time:		1:00:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #4 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	75%	3:40	1:00	4:40
Drill	Catch-up	1	25	75%	0:37	0:10	0:47
Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47
Main Set	Freestyle	4	200	85%	16:18	4:19	17:15
Drill	Sculling	1	25	75%	0:37	1:00	1:37
Warm-Down	Warm-down	1	75	75%	1:50		1:50
1 Set Interval			Distance:	1100	23:38	Total Time: 26:55	
Day #5 -- RUN							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	3.0	85%	33:32	1:00	34:32
Warm-Down	Warm-down	1	0.5	75%	6:20		6:20
Pacing			Distance:	4.5	Total Time:		0:52:44
Day #6 -- BIKE							
Warm-up	Warm-up	1	2.3	80%	10:00		0:10:00
Steady State	Spin	1	15.3	90%	60:00		1:00:00
Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
Steady State			Distance:	18.7	Total Time:		1:15:00
#7 Rest Day							

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BUILD

Week's Objectives:

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

Week Totals:

Swim: 2300
Bike: 38
Run: 10
Hours: 5:39

Swim Base (100 M) 1:50
 Bike Base (mph) 17.0
 Run Base (mile time) 9:30

BUILD

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN								Day #4 -- SWIM							
Warm-Up	Warm-up	1	1.0	75%	12:40		12:40	Warm-Up	Warm-up	1	150	70%	3:56	1:00	4:56
Pacing	Fartlek	1	3.5	85%	39:07	1:00	40:07	Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Warm-Down	Warm-down	1	0.5	75%	6:20		6:20	Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Pacing			<u>5.0</u>				Total Time: 0:59:07	Main Set	Freestyle	1	300	80%	6:28	6:53	6:53
Day #2 -- SWIM								<i>(or Interval)</i>							
Warm-Up	Warm-up	2	100	70%	5:14	1:00	7:14	Main Set	Freestyle	1	200	80%	4:19	4:35	4:35
Drill	Kick	2	25	90%	1:01	0:10	1:21	Main Set	Freestyle	1	100	80%	2:09	2:18	2:18
Drill	Pull	2	25	85%	1:05	0:10	1:25	Main Set	Freestyle	1	50	80%	1:05	1:09	1:09
Main Set	Freestyle	1	100	80%	2:09	2:18	2:18	Drill	Sculling	1	25	75%	0:37	1:00	1:37
Main Set	Freestyle	1	150	80%	3:14	3:26	3:26	Warm-Down	Warm-down	1	200	70%	5:14		5:14
Main Set	Freestyle	1	200	80%	4:19	4:35	4:35	Ramp Up			<u>1125</u>		<u>26:15</u>	Total Time:	<u>29:47</u>
Main Set	Freestyle	1	150	80%	3:14	3:26	3:26	Day #5 -- RUN							
Main Set	Freestyle	1	100	80%	2:09	2:18	2:18	Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Drill	Sculling	1	25	75%	0:37	1:00	1:37	Pacing	Steady state	1	3.5	80%	41:34	1:00	42:34
Warm-Down	Warm-down	1	150	70%	3:56		3:56	Warm-Down	Warm-down	1	0.5	60%	7:55		7:55
Ladder			<u>1175</u>		<u>26:58</u>		Total Time: 31:35	Pacing			<u>5.0</u>		<u>1:04:03</u>		
Day #2 -- BIKE								Day #6 -- BIKE							
Warm-up	Warm-up	1	1.0	70%	5:00		0:05:00	Warm-up	Warm-up	1	3.6	85%	15:00		0:15:00
Steady State	80 cadence	5	3.3	90%	10:00	3:00	1:05:00	Steady State	90 cadence	4	3.6	85%	10:00	5:00	1:00:00
Warm-down	Warm-down	1	1.1	75%	5:00		0:05:00	Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
Steady State			<u>18.6</u>				Total Time: 1:15:00	Steady State			<u>19.2</u>		<u>1:20:00</u>		
#7 Rest Day															

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RECOVERY

Week's Objectives:

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

Week Totals:

Swim: 2350
Bike: 30
Run: 9
Hours: 5:00

Swim Base (100 M) 1:50
 Bike Base (mph) 17.0
 Run Base (mile time) 9:30

RECOVERY

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME		
Day #1 -- RUN								Day #4 -- SWIM <i>(or Interval)</i>									
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34	Warm-Up	Warm-up	1	100	70%	2:37	1:00	3:37		
Racing	Fartlek	1	3.0	85%	33:32	1:00	34:32	Drill	Catch-up	1	25	75%	0:37	0:10	0:47		
Warm-Down	Warm-down	1	0.5	60%	7:55		7:55	Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47		
Variety		Distance:		4.50		Total Time:		0:56:01		Main Set	Freestyle	3	50	90%	2:54	1:01	3:03
Day #2 -- SWIM <i>(or Interval)</i>								Main Set	Freestyle	3	200	80%	12:56	4:35	13:45		
Warm-Up	Warm-up	1	100	70%	2:37	1:00	3:37	Main Set	Freestyle	3	50	90%	2:54	1:01	3:03		
Drill	Catch-up	1	25	75%	0:37	0:10	0:47	Drill	Sculling	1	25	75%	0:37	1:00	1:37		
Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47	Warm-Down	Warm-down	1	75	70%	1:58		1:58		
Drill	Turnover	1	25	100%	0:28	0:10	0:38	4 Set Interval		Distance:		1150		25:09 Total Time:		28:37	
Drill	Combine All	1	25	100%	0:28	0:10	0:38	Day #5 -- RUN									
Main Set	Freestyle	3	200	80%	12:56	4:35	13:45	Warm-Up	Warm-up	1	0.5	70%	6:47		6:47		
Main Set	Freestyle	3	100	80%	6:28	2:18	6:53	Pacing	Steady state	1	3.5	80%	41:34	1:00	42:34		
Drill	Sculling	1	25	75%	0:37	1:00	1:37	Warm-Down	Warm-down	1	0.5	60%	7:55		7:55		
Warm-Down	Warm-down	1	75	70%	1:58		1:58	Brick Day		Distance:		4.5		Total Time:		0:57:16	
2 Set Interval		Distance:		1200		26:45 Total Time:		Day #6 -- BIKE									
Day #3 -- BIKE								Warm-up	Warm-up	1	2.0	70%	10:00		0:10:00		
Warm-up	Warm-up	1	2.0	70%	10:00		0:10:00	Steady State	Spin	5	2.9	85%	10:00	2:00	1:00:00		
Chain Links	90 cadence	25	0.4	90%	1:00	0:30	0:37:30	Warm-down	Warm-down	1	1.1	75%	5:00		0:05:00		
Warm-down	Warm-down	1	1.0	70%	5:00		0:05:00	Steady State		Distance:		17.5		Total Time:		1:15:00	
Links		Distance:		12.5		Total Time:		#7 Rest Day									
Day #1 -- RUN								Day #4 -- SWIM <i>(or Interval)</i>									
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34	Warm-Up	Warm-up	1	100	70%	2:37	1:00	3:37		
Racing	Fartlek	1	3.0	85%	33:32	1:00	34:32	Drill	Catch-up	1	25	75%	0:37	0:10	0:47		
Warm-Down	Warm-down	1	0.5	60%	7:55		7:55	Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47		
Variety		Distance:		4.50		Total Time:		0:56:01		Main Set	Freestyle	3	50	90%	2:54	1:01	3:03
Day #2 -- SWIM <i>(or Interval)</i>								Main Set	Freestyle	3	200	80%	12:56	4:35	13:45		
Warm-Up	Warm-up	1	100	70%	2:37	1:00	3:37	Main Set	Freestyle	3	50	90%	2:54	1:01	3:03		
Drill	Catch-up	1	25	75%	0:37	0:10	0:47	Drill	Sculling	1	25	75%	0:37	1:00	1:37		
Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47	Warm-Down	Warm-down	1	75	70%	1:58		1:58		
Drill	Turnover	1	25	100%	0:28	0:10	0:38	4 Set Interval		Distance:		1150		25:09 Total Time:		28:37	
Drill	Combine All	1	25	100%	0:28	0:10	0:38	Day #5 -- RUN									
Main Set	Freestyle	3	200	80%	12:56	4:35	13:45	Warm-Up	Warm-up	1	0.5	70%	6:47		6:47		
Main Set	Freestyle	3	100	80%	6:28	2:18	6:53	Pacing	Steady state	1	3.5	80%	41:34	1:00	42:34		
Drill	Sculling	1	25	75%	0:37	1:00	1:37	Warm-Down	Warm-down	1	0.5	60%	7:55		7:55		
Warm-Down	Warm-down	1	75	70%	1:58		1:58	Brick Day		Distance:		4.5		Total Time:		0:57:16	
2 Set Interval		Distance:		1200		26:45 Total Time:		Day #6 -- BIKE									
Day #3 -- BIKE								Warm-up	Warm-up	1	2.0	70%	10:00		0:10:00		
Warm-up	Warm-up	1	2.0	70%	10:00		0:10:00	Steady State	Spin	5	2.9	85%	10:00	2:00	1:00:00		
Chain Links	90 cadence	25	0.4	90%	1:00	0:30	0:37:30	Warm-down	Warm-down	1	1.1	75%	5:00		0:05:00		
Warm-down	Warm-down	1	1.0	70%	5:00		0:05:00	Steady State		Distance:		17.5		Total Time:		1:15:00	
Links		Distance:		12.5		Total Time:		#7 Rest Day									

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TAPER

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	2125
Bike:	26
Run:	8
Hours:	4:12
Swim Base (100 M)	1:50
Bike Base (mph)	17.0
Run Base (mile time)	9:30

TAPER

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	2.5	90%	26:23	1:00	27:23
Warm-Down	Warm-down	1	0.5	80%	5:56		5:56
Pacing			<u>4.0</u>				<u>0:45:12</u>
Day #2 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	100	70%	2:37	1:00	3:37
Drill	Catch-up	1	25	75%	0:37	0:10	0:47
Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47
Drill	Turnover	1	25	100%	0:28	0:10	0:38
Drill	Combine All	1	25	100%	0:28	0:10	0:38
Main Set	Freestyle	5	50	80%	5:24	1:09	5:44
Main Set	Freestyle	5	100	80%	10:47	2:18	11:28
Drill	Sculling	1	25	75%	0:37	1:00	1:37
Warm-Down	Warm-down	1	75	75%	1:50		1:50
2 Set Interval			<u>1050</u>		<u>23:23</u>		<u>27:03</u>
Day #3 -- BIKE							
Warm-up	Warm-up	1	2.3	80%	10:00		0:10:00
Steady State	Natural cadence	1	8.9	90%	35:00		0:35:00
Warm-down	Warm-down	1	2.3	80%	10:00		0:10:00
Steady State			<u>13.5</u>				<u>0:55:00</u>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #4 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	3:56	1:00	4:56
Drill	Catch-up	3	25	75%	1:50	0:10	2:20
Drill	Distance/Stroke	3	25	75%	1:50	0:10	2:20
Main Set	Freestyle	3	200	80%	12:56	4:35	13:45
Drill	Sculling	1	25	75%	0:37	1:00	1:37
Warm-Down	Warm-down	1	150	75%	3:40		3:40
1 Set Interval			<u>1075</u>		<u>24:49</u>		<u>28:37</u>
Day #5 -- RUN							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	2.5	90%	26:23	1:00	27:23
Warm-Down	Warm-down	1	0.5	80%	5:56		5:56
Pacing			<u>4.0</u>				<u>0:45:12</u>
Day #6 -- BIKE							
Warm-up	Warm-up	1	2.3	80%	10:00		0:10:00
Steady State	Natural cadence	3	3.1	90%	10:00	2:00	0:36:00
Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
Steady State			<u>12.6</u>				<u>0:51:00</u>
#7 Rest Day							