

# Coconut Workouts

## Full Distance Triathlon



### RACE IM 1 WEEK

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%	7:09		7:09	Warm-up	Warm-up	1					0:10:00																												
Pacing	Steady state	1	3.0	75%	20:00	1:00	21:00	Steady State	Steady State	1					0:44:00																												
Warm-Down	Warm-down	1	0.5	70%	3:34			Warm-Down	Warm-down	1					0:10:00																												
<b>Pacing</b>			<u>Distance:</u>	4.5																																							
<b>Monday -- SWIM</b>																																											
Warm-Up	Warm-up	1					7:09																																				
Drill		1					13:30																																				
Drill		1					3:34																																				
Drill		1					0:24:13																																				
Drill		1																																									
Main Set		1					11:50																																				
Drill		1					11:50																																				
Warm-Down		1					7:09																																				
<b>1 Set Drill</b>																																											
<b>Tuesday -- BIKE</b>																																											
Warm-up		1					14:17																																				
Steady State		1					3:34																																				
Warm-down		1					0:25:00																																				
<b>Push Fast</b>																																											
<b>Wednesday -- R</b>																																											
Warm-Up		1					3:34																																				
Fartlek		1																																									
Warm-Down		1																																									
<b>Fartlek</b>																																											
<b>Wednesday -- S</b>																																											
Warm-Up		1			2:19	1:00	3:19																																				
Drill		1	25	75%	0:22	0:10	0:32																																				
Drill	Stroke	1	25	75%	0:22	0:10	0:32																																				
Drill	Turnover	1	25	100%	0:16	0:10	0:26																																				
Drill	Combine All	1	25	100%	0:16	0:10	0:26																																				
Main Set	Freestyle	1	400	80%	5:06	5:25	5:25																																				
Main Set	Freestyle	2	300	85%	7:13	3:49	7:39																																				
Main Set	Freestyle	3	200	80%	7:39	2:42	8:07																																				
Main Set	Freestyle	4	100	95%	4:20	1:08	4:34																																				
Drill	Sculling	1	50	75%	0:43	1:00	1:43																																				
Warm-Down	Warm-down	1	200	70%	3:06		3:06																																				
<b>4 Set Mix Speed Up</b>			<u>Distance:</u>	2500			31:42	<b>Total Time:</b>							35:49																												
								<table border="1"> <thead> <tr> <th></th> <th>20%</th> <th>80%</th> <th>70%</th> </tr> </thead> <tbody> <tr> <td><b>Race Time Predictor</b></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Swim</td> <td>0.5</td> <td></td> <td>3:34</td> </tr> <tr> <td>Race</td> <td>1</td> <td>112.0</td> <td>4:08:53 4:36:33 5:11:07 5:55:33</td> </tr> <tr> <td>Run</td> <td>1</td> <td>26.2</td> <td>2:11:00 2:25:33 2:43:45 3:07:09</td> </tr> <tr> <td>Warm-down</td> <td>1</td> <td>0.5</td> <td>3:34</td> </tr> <tr> <td><b>Race Red-Lining</b></td> <td><b>Distance&gt;&gt;&gt;</b></td> <td>140.6</td> <td>7:01:03 7:47:50 8:46:19 10:01:30</td> </tr> </tbody> </table>									20%	80%	70%	<b>Race Time Predictor</b>				Swim	0.5		3:34	Race	1	112.0	4:08:53 4:36:33 5:11:07 5:55:33	Run	1	26.2	2:11:00 2:25:33 2:43:45 3:07:09	Warm-down	1	0.5	3:34	<b>Race Red-Lining</b>	<b>Distance&gt;&gt;&gt;</b>	140.6	7:01:03 7:47:50 8:46:19 10:01:30
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Workouts Prepared  
Exclusively for  
**YOUR NAME HERE**  
August 1, 2019

### RACE IM 1 WEEK

#### Week's Objectives:

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

#### Week Totals:

**Swim:** 9390  
**Bike:** 165  
**Run:** 42  
**Hours:** 15:24

Swim Base (100 M) 1:05  
Bike Base (mph) 27.0  
Run Base (mile time) 5:00

**Call for details at 1.630.457.7889**