

Coconut Workouts

Full Distance Triathlon



Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BASE WEEK 15

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	4700
Bike:	88
Run:	18
Hours:	11:11
Swim Base (100 M):	1:45
Bike Base (mph):	19.0
Run Base (mile time):	8:30

BASE WEEK 15

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	2.5	80%	26:34	1:00	27:34
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Pacing			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:45:47
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	1	25	75%	0:35	0:10	0:45
Drill	Distance/Stroke	1	25	75%	0:35	0:10	0:45
Drill	Turnover	1	25	100%	0:26	0:10	0:36
Drill	Combine All	1	25	100%	0:26	0:10	0:36
Main Set	Freestyle	4	200	80%	16:28	4:23	17:30
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
1 Set Interval			<u>Distance:</u> 1450		32:11		<u>Total Time:</u> 35:52
Tuesday -- BIKE							
Warm-up	Warm-up	1	6.7	70%	30:00		0:30:00
Climb--Rollers	80 cadence	3	3.7	90%	10:00	3:40	0:41:00
Warm-down	Warm-down	1	1.1	70%	5:00		0:05:00
Climb Day			<u>Distance:</u> 18.8				<u>Total Time:</u> 1:16:00
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	3.0	80%	31:52	1:00	32:52
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Pacing			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:51:05
Wednesday -- SWIM							
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Main Set	Freestyle	6	150	80%	18:32	3:17	19:41
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
1 Set Interval			<u>Distance:</u> 1550		34:32		<u>Total Time:</u> 38:21

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	6.7	70%	30:00		0:30:00
Steady State	85 cadence	5	3.0	85%	10:00	1:00	0:55:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Pacing			<u>Distance:</u> 22.7				<u>Total Time:</u> 1:30:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Fartlek	Variable	1	3.0	80%	31:52	1:00	32:52
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Fartlek			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:51:05
Friday -- SWIM							
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	100%	0:53	0:10	1:12
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	1	400	80%	8:14	8:45	8:45
Main Set	Freestyle	2	300	80%	12:21	6:34	13:07
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
2 Set Interval			<u>Distance:</u> 1700		37:10		<u>Total Time:</u> 41:28
Saturday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	1	9.4	85%	30:00	5:00	0:35:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 12.9				<u>Total Time:</u> 0:50:00
Saturday -- RUN							
Warm-Up	Warm-up	1	0.5	70%	6:04		6:04
Pacing	Steady state	1	4.0	80%	42:30	1:00	43:30
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Brick Day			<u>Distance:</u> 5.0				<u>Total Time:</u> 0:55:39
Sunday -- BIKE							
Warm-up	Warm-up	1	10.0	70%	45:00		0:45:00
Steady State	Spin	1	13.5	85%	45:00	5:00	0:50:00
Rolling Hills	85-90 Cadence	1	8.3	85%	30:00	1:00	0:31:00
Warm-down	Warm-down	1	2.2	70%	10:00		0:10:00
Steady & Rolling			<u>Distance:</u> 34.0				<u>Total Time:</u> 2:16:00

Coconut Workouts

Full Distance Triathlon



BUILD Phase-1 Week 1

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BUILD Phase-1 Week 1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	5150
Bike:	90
Run:	20
Hours:	11:21
Swim Base (100 M)	1:45
Bike Base (mph)	19.0
Run Base (mile time)	8:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	3.0	80%	31:52	2:00	33:52
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Descending			Distance:	4.5	Total Time:		0:52:05
<i>(or Interval)</i>							
Monday -- SWIM							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	1	100	80%	2:04	2:11	2:11
Main Set	Freestyle	1	200	80%	4:07	4:23	4:23
Main Set	Freestyle	1	300	80%	6:11	6:34	6:34
Main Set	Freestyle	1	200	90%	3:41	3:53	3:53
Main Set	Freestyle	1	100	90%	1:51	1:57	1:57
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
5 Set Ladder			Distance:	1650	Total Time:		35:38 40:02
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Climb--Rollers	80 cadence	2	1.8	90%	5:00	1:50	0:13:40
Climb--Rollers	90 cadence	2	1.8	90%	5:00	1:50	0:13:40
Climb--Rollers	80 cadence	2	1.8	90%	5:00	1:50	0:13:40
Climb--Rollers	70 cadence	2	1.8	90%	5:00	1:50	0:13:40
Warm-down	Warm-down	1	2.2	70%	10:00		0:10:00
Climb Day			Distance:	19.1	Total Time:		1:14:40
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Fartlek	Variable	1	2.5	90%	23:37	1:00	24:37
Tempo	Steady State	1	1.0	85%	10:00	1:00	11:00
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Mash-up			Distance:	5.0	Total Time:		0:53:50
<i>(or Interval)</i>							
Wednesday -- SWIM							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	5	200	80%	20:35	4:23	21:52
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
1 Set Interval			Distance:	1750	Total Time:		38:20 42:58

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	3.3	70%	15:00		0:15:00
Chain Links	90 cadence	20	0.6	95%	1:00	1:00	0:40:00
Warm-down	Warm-down	1	7.6	80%	30:00		0:30:00
Chain Link Speed Day			Distance:	23.0	Total Time:		1:25:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	3.0	80%	31:52	1:00	32:52
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Pacing			Distance:	4.5	Total Time:		0:51:05
<i>(or Interval)</i>							
Friday -- SWIM							
Warm-Up	Warm-up	1	200	70%	5:00	1:00	6:00
Main Set	Freestyle	4	50	90%	3:41	0:58	3:53
Main Set	Freestyle	4	300	80%	24:42	6:34	26:15
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
2 Set Interval			Distance:	1750	Total Time:		37:03 40:48
Saturday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	1	14.3	90%	45:00	5:00	0:50:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			Distance:	17.7	Total Time:		1:05:00
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	4.0	90%	37:47	1:00	38:47
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Brick Day			Distance:	5.5	Total Time:		0:57:00
Sunday -- BIKE							
Warm-up	Warm-up	1	6.7	70%	30:00		0:30:00
Speed	90 cadence	1	0.6	90%	1:00	1:00	0:02:00
Speed	90 cadence	1	0.9	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.1	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.4	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	1.7	90%	5:00	1:00	0:06:00
Speed	90 cadence	1	1.4	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	1.1	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	0.9	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	3.1	90%	1:00	10:00	0:11:00
Steady State	85 cadence	1	7.9	80%	30:00	1:00	0:31:00
Warm-down	Warm-down	1	3.3	70%	15:00		0:15:00
Ladder-Steady			Distance:	30.1	Total Time:		1:59:00

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RECOVERY WEEK Phase 1

Week's Objectives:

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

Week Totals:

Swim: 5000
Bike: 75
Run: 18
Hours: 10:13

Swim Base (100 M) 1:45
Bike Base (mph) 19.0
Run Base (mile time) 8:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	3.0	75%	34:00	1:00	35:00
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Pacing			<u>Distance:</u> 4.5			<u>Total Time:</u> 0:53:13	
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Main Set	Freestyle	2	300	80%	12:21	6:34	13:07
Main Set	Freestyle	2	200	85%	7:47	4:07	8:14
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
Down Distance w/Speed			<u>Distance:</u> 1650		<u>36:08</u>	<u>Total Time:</u> 40:02	
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	3	3.0	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	2.5	80%	10:00		0:10:00
Steady State			<u>Distance:</u> 13.6			<u>Total Time:</u> 0:53:00	
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Recovery	Easy	1	3.0	70%	36:26	0:00	36:26
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Recovery			<u>Distance:</u> 4.5			<u>Total Time:</u> 0:54:39	
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Main Set	Freestyle	3	400	85%	23:20	8:14	24:42
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	200	70%	5:00		5:00
1 Set Interval			<u>Distance:</u> 1800		<u>38:05</u>	<u>Total Time:</u> 42:07	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Mix	Spin & Climb	1	11.7	80%	45:00	1:00	0:46:00
Warm-down	Warm-down	1	1.2	75%	5:00		0:05:00
Rolling Hills			<u>Distance:</u> 15.1			<u>Total Time:</u> 1:01:00	
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	3.0	80%	31:52	2:00	33:52
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Steady State			<u>Distance:</u> 4.5			<u>Total Time:</u> 0:52:05	
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	200	70%	5:00	1:00	6:00
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Main Set	Freestyle	1	500	85%	9:43	10:18	10:18
Main Set	Freestyle	5	100	90%	9:13	1:57	9:43
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	200	70%	5:00		5:00
2 Set Interval			<u>Distance:</u> 1550		<u>32:26</u>	<u>Total Time:</u> 36:11	
Saturday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	4	4.8	90%	15:00	2:00	1:08:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 22.9			<u>Total Time:</u> 1:23:00	
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	2.0	80%	21:15	2:00	23:15
Warm-Down	Warm-down	1	1.0	70%	12:09		12:09
Brick Day			<u>Distance:</u> 4.0			<u>Total Time:</u> 0:47:32	
Sunday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	1	20.5	85%	75:00	1:00	1:16:00
Warm-down	Warm-down	1	1.2	75%	5:00		0:05:00
Steady State			<u>Distance:</u> 23.9			<u>Total Time:</u> 1:31:00	

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Full Distance Triathlon



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TAPER WEEK -1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	8550
Bike:	94
Run:	24
Hours:	13:25
Swim Base (100 M)	1:45
Bike Base (mph)	19.0
Run Base (mile time)	8:30

TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	1.0	75%	11:20	1:00	12:20
Pacing	Steady state	1	2.0	90%	18:53	3:00	21:53
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Descending	Distance:		<u>4.5</u>			Total Time:	<u>0:52:26</u>
Monday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	3	25	75%	1:45	0:10	2:15
Drill	Distance/Stroke	3	25	75%	1:45	0:10	2:15
Drill	Turnover	3	25	100%	1:19	0:10	1:49
Drill	Combine All	3	25	100%	1:19	0:10	1:49
Main Set	Freestyle	3	500	85%	29:10	10:18	30:53
Main Set	Freestyle	5	100	95%	8:45	1:51	9:13
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
2 Set Mix	Distance:		<u>2850</u>		<u>57:43</u>	Total Time:	<u>63:53</u>
Tuesday -- BIKE							
Warm-up	Warm-up	1	7.6	80%	30:00		0:30:00
Climb--Rollers	70 cadence	1	2.9	90%	8:00	2:56	0:10:56
Climb--Rollers	80 cadence	1	2.9	90%	8:00	2:56	0:10:56
Climb--Rollers	90 cadence	1	2.9	95%	8:00	2:56	0:10:56
Climb--Rollers	80 cadence	1	2.9	95%	8:00	2:56	0:10:56
Climb--Rollers	70 cadence	1	2.9	95%	8:00	2:56	0:10:56
Warm-down	Warm-down	1	3.6	75%	15:00		0:15:00
Climb Day	Distance:		<u>25.8</u>			Total Time:	<u>1:39:40</u>
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Fartlek	Variable	1	3.0	90%	28:20	1:00	29:20
Warm-Down	Warm-down	1	1.0	70%	12:09		12:09
Mash-up	Distance:		<u>5.0</u>			Total Time:	<u>0:53:37</u>
Wednesday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	3:45	1:00	4:45
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	2	500	85%	19:27	10:18	20:35
Main Set	Freestyle	4	250	85%	19:27	5:09	20:35
Main Set	Freestyle	5	100	85%	9:43	2:04	10:18
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	150	70%	3:45		3:45
3 Set Interval	Distance:		<u>3050</u>		<u>61:22</u>	Total Time:	<u>67:33</u>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	7.6	80%	30:00		0:30:00
Big Gear	80 cadence	1	6.6	90%	20:00	3:00	0:23:00
Bigger Gear	70 cadence	1	5.1	90%	15:00	3:00	0:18:00
Biggest Gear	60 cadence	1	3.7	90%	10:00	3:00	0:13:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Flat Climbs	Distance:		<u>24.3</u>			Total Time:	<u>1:29:00</u>
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	2.0	85%	20:00	1:00	21:00
Warm-Down	Warm-down	1	1.0	75%	11:20		11:20
Pacing	Distance:		<u>4.0</u>			Total Time:	<u>0:44:29</u>
Friday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	200	70%	5:00	1:00	6:00
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	1	400	80%	8:14	8:45	8:45
Main Set	Freestyle	2	300	85%	11:40	6:11	12:21
Main Set	Freestyle	3	200	80%	12:21	4:22	13:07
Main Set	Freestyle	4	100	95%	7:00	1:51	7:22
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	200	70%	5:00		5:00
4 Set Mix Speed Up	Distance:		<u>2650</u>		<u>54:30</u>	Total Time:	<u>1:00:11</u>
Saturday -- BIKE							
Warm-up	Warm-up	1	4.4	70%	20:00		0:20:00
Chain Links	90 cadence	5	1.8	95%	5:00	1:00	0:30:00
Steady State	90 cadence	1	5.7	90%	20:00		0:20:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day	Distance:		<u>20.4</u>			Total Time:	<u>1:15:00</u>
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	6.0	85%	1:00:00	1:00	61:00
Fartlek	Variable	1	3.0	90%	28:20	1:00	29:20
Warm-Down	Warm-down	1	0.5	60%	7:05		7:05
Brick Day	Distance:		<u>10.5</u>			Total Time:	<u>1:49:34</u>
Sunday -- BIKE							
Warm-up	Warm-up	1	3.8	80%	0:15:00		0:15:00
Rolling Climbs	85-90 cadence	1	16.2	85%	1:00:00		1:00:00
Warm-down	Warm-down	1	3.6	75%	15:00		0:15:00
Ladder-Steady & Rolling	Distance:		<u>23.5</u>			Total Time:	<u>1:30:00</u>