

# Coconut Workouts

## Standard Distance Triathlon



Recovery Friday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	100	70%	2:30	1:00	3:30
Drill	Kick	1	50	90%	0:58	0:10	1:08
Drill	Pull	1	100	85%	2:04	0:10	2:14
Main Set	Freestyle	2	250	85%	9:43	5:09	10:18
Main Set	Freestyle	2	150	85%	5:50	3:05	6:11
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
<b>2 Set Interval</b>			<b>Distance:</b> 1200		<b>24:45</b>	<b>Total Time:</b>	<b>28:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- BIKE</b>							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	Spin	1	17.3	85%	60:00	1:00	1:01:00
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
<b>Steady State</b>			<b>Distance:</b> 20.8			<b>Total Time:</b>	<b>1:16:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Fartlek	Variable	1	1.5	80%	13:07	1:00	14:07
Recovery	Easy	1	0.5	70%	5:00	0:00	5:00
Tempo	Steady State	1	1.0	85%	8:14	1:00	9:14
Warm-Down	Warm-down	1	0.5	70%	5:00		5:00
<b>Mash-up</b>			<b>Distance:</b> 4.5			<b>Total Time:</b>	<b>0:43:22</b>

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>