

Coconut Workouts

Standard Distance Triathlon



Taper Thursday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- SWIM							<i>(or Interval)</i>
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
Main Set	Freestyle	4	150	80%	12:21	3:17	13:07
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
1 Set Interval			Distance: 1000		22:06	Total Time:	25:32

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Big Gear	80 cadence	3	4.0	90%	10:00	3:00	0:39:00
Warm-down	Warm-down	1	2.3	70%	10:00		0:10:00
Big Gear Day			Distance: 16.7			Total Time:	0:59:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Fartlek	Variable	1	2.5	85%	20:35	1:00	21:35
Warm-Down	Warm-down	1	0.5	70%	5:00		5:00
Fartlek			Distance: 4.0			Total Time:	0:36:35

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>