

Coconut Workouts

IM Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- SWIM						<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
2 Set Interval			Distance: 1200		24:45	Total Time:	28:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	Spin	1	18.3	90%	60:00	1:00	1:01:00
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Steady State			Distance: 21.8			Total Time:	1:16:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Fartlek	Variable	1	1.5	90%	11:40	1:00	12:40
Recovery	Easy	1	0.5	70%	5:00	0:00	5:00
Tempo	Steady State	1	1.5	85%	12:21	1:00	13:21
Warm-Down	Warm-down	1	0.5	70%	5:00		5:00
Mash-up			Distance: 5.0			Total Time:	0:46:01

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>