Coconut Workouts

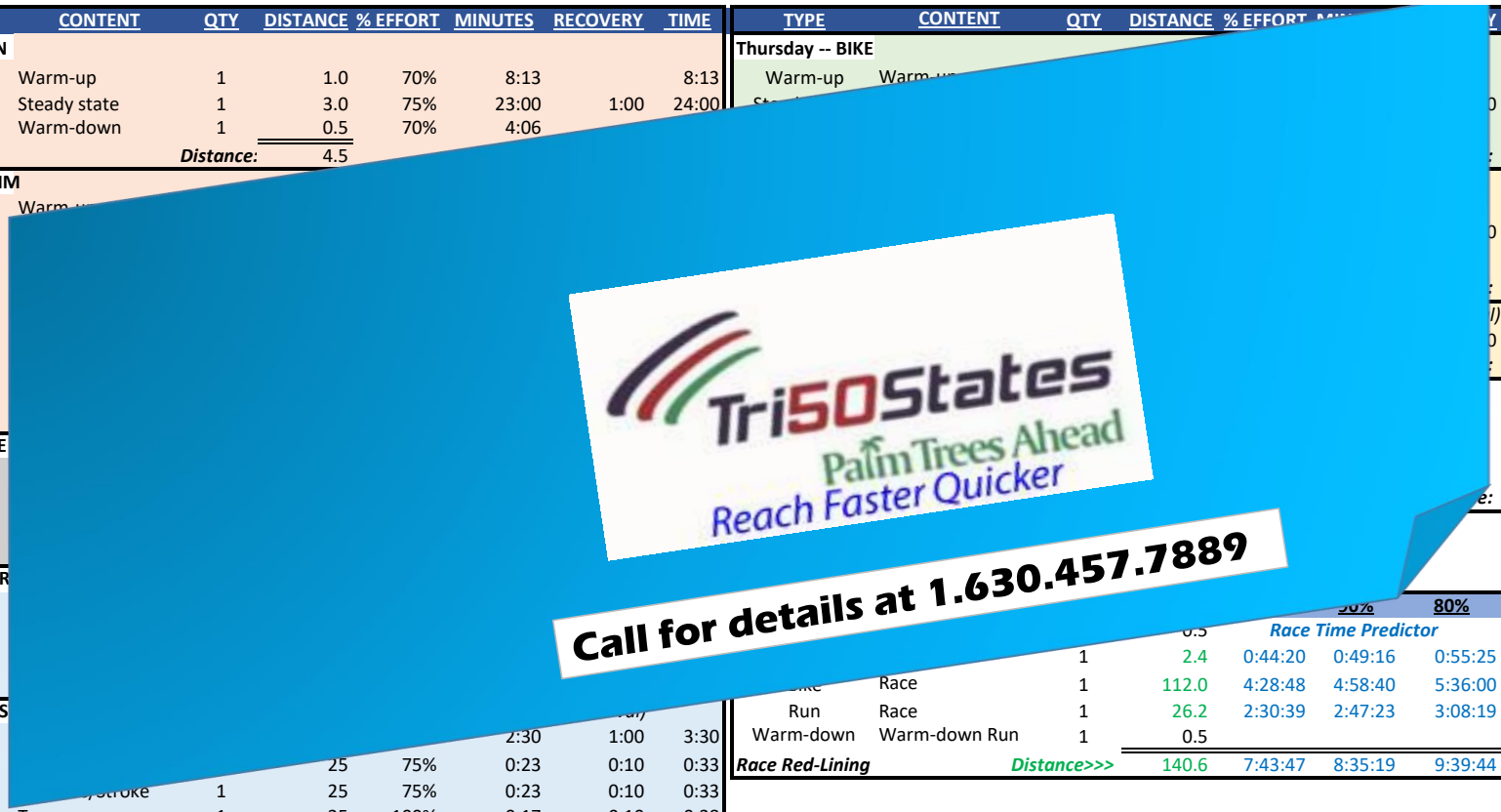
Full Distance Triathlon

RACE IM 1 WEEK

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	8:13		8:13
Pacing	Steady state	1	3.0	75%	23:00	1:00	24:00
Warm-Down	Warm-down	1	0.5	70%	4:06		
Pacing		***Distance:***	4.5				
Monday -- SWIM							
Warm-Up	Warm-up						
Drill							
Drill							
Drill							
Drill							
Main Set							
Drill							
Warm-Down							
1 Set Drill							
Tuesday -- BIKE							
Warm-up							
Steady State							
Warm-down							
Push Fast							
Wednesday -- R							
Warm-Up							
Fartlek							
Warm-Down							
Fartlek							
Wednesday -- S							
Warm-Up					2:30	1:00	3:30
Drill			25	75%	0:23	0:10	0:33
Drill	/Stroke	1	25	75%	0:23	0:10	0:33
Drill	Turnover	1	25	100%	0:17	0:10	0:28
Drill	Combine All	1	25	100%	0:17	0:10	0:28
Main Set	Freestyle	1	400	80%	5:29	*5:50*	5:50
Main Set	Freestyle	2	300	85%	7:47	*4:07*	8:14
Main Set	Freestyle	3	200	80%	8:14	*2:55*	8:45
Main Set	Freestyle	4	100	95%	4:40	*1:14*	4:55
Drill	Sculling	1	50	75%	0:47	1:00	1:47
Warm-Down	Warm-down	1	200	70%	3:20		3:20
4 Set Mix Speed Up		***Distance:***	2500		34:09	***Total Time:***	38:22

TYPE	CONTENT	QTY	DISTANCE	% EFFORT				TIME
Thursday -- BIKE								
Warm-up	Warm-up							0:10:00
								0:44:00
								0:10:00
								1:04:00
								8:13
								15:22
								4:06
								0:27:42
								12:40
								12:40
								8:13
								16:26
								4:06
								0:28:45

					80%	70%	
				Race Time Predictor			
Warm-Up	Warm-up	1	2.4	0:44:20	0:49:16	0:55:25	1:03:20
Bike	Race	1	112.0	4:28:48	4:58:40	5:36:00	6:24:00
Run	Race	1	26.2	2:30:39	2:47:23	3:08:19	3:35:13
Warm-down	Warm-down Run	1	0.5				4:06
Race Red-Lining		***Distance>>>***	140.6	7:43:47	8:35:19	9:39:44	11:02:33



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:	161
Run:	42
Hours:	16:46

Swim Base (100 M)	1:10
Bike Base (mph)	25.0
Run Base (mile time)	5:45

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