

Coconut Workouts

Sprint Distance Triathlon



Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BASE WEEK 15

Week's Objectives:

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

Week Totals:

Swim: 2600
Bike: 49
Run: 13
Hours: 6:34

Swim Base (100 M) 1:55
Bike Base (mph) 20.0
Run Base (mile time) 8:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME				
Day #1 -- RUN								Day #4 -- BIKE											
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26	Warm-up	Warm-up	1	1.2	70%	5:00		0:05:00				
Pacing	Steady state	1	2.0	80%	20:00	1:00	21:00	Steady State	85 cadence	3	3.1	85%	10:00	1:00	0:33:00				
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40	Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00				
Pacing		Distance:		3.5	Total Time:		0:39:06	Pacing		Distance:		11.9	Total Time:		0:43:00				
Day #1 -- SWIM								Day #5 -- RUN											
<i>(or Interval)</i>								<i>(or Interval)</i>											
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06	Warm-Up	Warm-up	1	1.0	70%	11:26		11:26				
Drill	Catch-up	1	25	75%	0:38	0:10	0:48	Fartlek	Variable	1			15:00	1:00	16:00				
Drill	Distance/Stroke	1	25	75%	0:38	0:10	0:48	Warm-Down	Warm-down				6:40		6:40				
Drill	Turnover	1	25	100%	0:29	0:10	0:39	Total Time:		0:34:06									
Drill	Combine All	1	25	100%	0:29			<i>(or Interval)</i>											
Main Set	Freestyle	2	200	80%				4:06	1:00	5:06									
Drill	Sculling	1						9:01	9:35	9:35									
Warm-Down	Warm-down							4:31	4:47	4:47									
1 Set Interval								1:17	1:00	2:17									
								2:44		2:44									
								21:39 Total Time:		24:30									
Day #2 -- BIKE								Day #3 -- RUN											
Warm-up	Warm-up	1						10:00		0:10:00									
Climb--Rollers	8							30:00	5:00	0:35:00									
Warm-down	Warm-down	1						5:00		0:05:00									
Climb Day								Total Time:								0:50:00			
								5:43		5:43									
								60%	15:00	1:00	16:00								
								60%	6:40		6:40								
								Total Time:		0:28:23									
Day #3 -- SWIM								Day #4 -- BIKE											
Warm-Up	Warm-up	1						Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00				
Drill	Catch-up	1						Steady State	Spin	1	8.8	85%	0:30:00	1:00	0:31:00				
Drill	Distance/Stroke	1						Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00				
Main Set	Freestyle	2	850	70%	20:50		21:47	Steady State		Distance:		12.3	Total Time:		0:46:00				
Drill	Sculling	1					2:44												
Warm-Down	Warm-down	1					2:44												
1 Set Interval																			
								Distance:		850	Total Time:		24:08						



Call for Power, Flexibility & Workout Objectives: 1.630.457.7889

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BUILD Phase-1 Week 1

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August 1, 2019

BUILD Phase-1 Week 1

Week's Objectives:

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

Week Totals:

Swim: 2900
Bike: 52
Run: 14
Hours: 6:52

Swim Base (100 M) 1:55
Bike Base (mph) 20.0
Run Base (mile time) 8:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN								Day #4 -- BIKE							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26	Warm-up	Warm-up	1	1.2	70%	5:00		0:05:00
Pacing	Steady state	1	1.5	80%	15:00	2:00	17:00	Chain Links	90 cadence	14	0.6	95%	1:00	1:00	0:28:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40	Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Pacing			Distance: 3.0				Total Time: 0:35:06	Links			Distance: 12.7				Total Time: 0:43:00
Day #1 -- SWIM								Day #5 -- RUN							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06	Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Drill	Catch-up	2	25	75%	1:17	0:10	1:37	Pacing	Steady state	1			20:00	1:00	21:00
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37	Warm-Down	Warm-down				6:40		6:40
Drill	Turnover	2	25	100%	0:58	0:10	1:18								Total Time: 0:39:06
Drill	Combine All	2	25	100%	0:58										(or Interval)
Main Set	Freestyle	1	200	80%									2:44	1:00	3:44
Main Set	Freestyle	2											5:03	1:04	5:19
Drill	Sculling												11:16	11:59	11:59
Warm-Down	Warm-down												1:17	1:00	2:17
													2:44		2:44
2 Set Interval													23:04		26:03
Day #2 -- BIKE								Day #6 -- BIKE							
Warm-up	Warm-up	1						Warm-up	Warm-up	1					
Climb--Rollers	8							Climb--Rollers	8				10:00		0:10:00
Climb--Rollers	9							Climb--Rollers	9				8:00	5:00	0:39:00
Climb--Rollers	8							Climb--Rollers	8				5:00		0:05:00
Climb--Rollers	7							Warm-down	Warm-down						Total Time: 0:54:00
Warm-down	Warm-down														
"Flat" Climb Day															
Day #3 -- RUN								Day #7 -- BIKE							
Warm-Up	Warm-up	1						Warm-Up	Warm-up	1	2.3	70%	10:00		0:10:00
Fartlek	Fartlek							Speed	90 cadence	1	0.6	90%	1:00	1:00	0:02:00
Tempo	Tempo							Speed	90 cadence	1	0.9	90%	2:00	1:00	0:03:00
Warm-Down	Warm-down							Speed	90 cadence	1	1.2	90%	3:00	1:00	0:04:00
Mash-up								Speed	90 cadence	1	1.5	90%	4:00	1:00	0:05:00
Day #3 -- SWIM								Day #8 -- BIKE							
Warm-Up	Warm-up	1						Speed	90 cadence	1	1.2	90%	3:00	1:00	0:04:00
Drill	Catch-up	2	25	75%	1:17	0:10	1:37	Speed	90 cadence	1	1.2	90%	3:00	1:00	0:04:00
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37	Speed	90 cadence	1	0.9	90%	2:00	1:00	0:03:00
Drill	Turnover	2	25	100%	0:58	0:10	1:18	Speed	90 cadence	1	0.6	90%	1:00	1:00	0:02:00
Drill	Combine All	2	25	100%	0:58	0:10	1:18	Steady State	85 cadence	1	1.6	80%	5:00	1:00	0:06:00
Main Set	Freestyle	2	200	75%	9:35	5:07	10:13	Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Drill	Sculling	1	50	75%	1:17	1:00	2:17								Total Time: 0:44:00
Warm-Down	Warm-down	1	100	70%	2:44		2:44	Stair-Step-Steady			Distance: 12.0				Total Time: 0:44:00
1 Set Interval			Distance: 950				23:33								

Call for Power, Flexibility & Workout Objectives: 1.630.457.7889



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RECOVERY WEEK Phase 1

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August 1, 2019

RECOVERY WEEK Phase 1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	2750
Bike:	61
Run:	13
Hours:	7:31
Swim Base (100 M):	1:55
Bike Base (mph):	20.0
Run Base (mile time):	8:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN								Day #4 -- BIKE							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26	Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Pacing	Steady state	1	2.0	75%	21:20	1:00	22:20	Mix	Spin & Climb	1	12.3	80%	45:00	1:00	0:46:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40	Warm-down	Warm-down	1	1.3	75%	5:00		0:05:00
Pacing		Distance:		3.5	Total Time:		0:40:26	Rolling Hills		Distance:		15.9	Total Time:		1:01:00
Day #1 -- SWIM								Day #5 -- RUN							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06	Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Drill	Catch-up	2	25	75%	1:17	0:10	1:37	Pacing	Steady state	1			20:00	2:00	22:00
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37	Warm-Down	Warm-down				6:40		6:40
Main Set	Freestyle	1	250	80%	5:38	5:59	5:59			Total Time:		0:40:06			
Main Set	Freestyle	1	150	85%	3:12					<i>(or Interval)</i>					
Main Set	Freestyle	1	50	90%				4:06	1:00		5:06				
Drill	Sculling	1						1:17	0:10		1:37				
Warm-Down	Warm-down							1:17	0:10		1:37				
Down Distance w/								4:16	4:31		4:31				
Day #2 -- BIKE								Day #6 -- BIKE							
Warm-up	Warm-up	1						Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	Steady state	9						Steady State	90 cadence	4	3.4	85%	11:00	1:00	0:48:00
Warm-down	Warm-down	1						Warm-down	Warm-down	1	1.3	75%	5:00		0:05:00
Steady State		Distance:		1000	Total Time:		23:27	Steady State		Distance:		17.2	Total Time:		1:03:00
Day #3 -- RUN								Day #7 -- BIKE							
Warm-Up	Warm-up	1													
Recovery	Recovery	1				1:00	2:17								
Warm-Down	Warm-down	1					2:44								
Recovery		Distance:		1000	Total Time:		26:52								
Day #3 -- SWIM								Day #8 -- BIKE							
Warm-Up	Warm-up	1													
Drill	Catch-up	2													
Drill	Distance/Stroke	2													
Main Set	Freestyle	1													
Drill	Sculling	1													
Warm-Down	Warm-down	1													
1 Set Interval		Distance:		1000	Total Time:		26:52								



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Objectives: 1.630.457.7889**

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YOUR NAME HERE
August 1, 2019

RACE 1 TAPER WEEK -1

Week's Objectives:

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

Week Totals:
Swim: 3550
Bike: 51
Run: 13
Hours: 6:54

Swim Base (100 M) 1:55
Bike Base (mph) 20.0
Run Base (mile time) 8:00

RACE 1 TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	1.5	80%	15:00	1:00	16:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Pacing			<u>Distance:</u> 3.0				<u>Total Time:</u> 0:34:06

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- SWIM							
(or Interval)							
Warm-Up	Warm-up	1	200	70%	5:29	1:00	6:29
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Drill	Turnover	2	25	100%	0:58	0:10	1:18
Drill	Combine All	2	25	100%	0:58	0:10	1:18
Main Set	Freestyle	1	300	80%	6:51	1:00	7:51
Main Set	Freestyle	1	100	100%	2:01	1:04	2:08
Main Set	Freestyle	1	100	100%	6:46	7:11	7:11
Drill	S	1	100	100%	4:16	4:31	4:31
Warm-Down	Warm-down	1	0.5	60%	1:55	2:01	2:01
Down Distance w/					1:17	1:00	2:17
Rolling Hills					4:06		4:06
							<u>Total Time:</u> 0:35:59

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #2 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Climb	Steady state	1	3.1	85%	10:00	1:00	0:11:00
Descend	Steady state	2	2.2	95%	6:00	1:00	0:14:00
Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Brick Day			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:40:29

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #3 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Fartlek	Steady state	1	1.0	85%	9:25	2:00	11:25
Recovery	Steady state	1	0.5	95%	4:13	2:00	6:13
Tempo	Steady state	1	1.0	70%	11:26		11:26
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
							<u>Total Time:</u> 0:42:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #3 -- SWIM							
(or Interval)							
Warm-Up	Warm-up	1	200	70%	5:29	1:00	6:29
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Drill	Turnover	2	25	100%	0:58	0:10	1:18
Drill	Combine All	2	25	100%	0:58	0:10	1:18
Main Set	Freestyle	2	200	85%	8:31	4:31	9:01
Main Set	Freestyle	2	100	100%	3:39	1:55	3:50
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	100	70%	2:44		2:44
2 Set Interval			<u>Distance:</u> 1150				<u>Total Time:</u> 30:09

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #4 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	85 cadence	1	3.1	85%	10:00	1:00	0:11:00
Steady State	90 cadence	2	2.2	95%	6:00	1:00	0:14:00
Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Push Fast			<u>Distance:</u> 12.6				<u>Total Time:</u> 0:45:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #5 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	1.0	85%	5:00		0:05:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
							<u>Total Time:</u> 0:35:59

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #7 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Speed	90 cadence	1	3.5	95%	8:00	3:00	0:11:00
Speed	90 cadence	1	0.7	100%	1:00	1:00	0:02:00
Speed	90 cadence	1	1.0	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.3	100%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.0	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	0.7	100%	1:00	1:00	0:02:00
Steady State	90 cadence	1	1.6	80%	5:00	1:00	0:06:00
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Stair-Step-Steady			<u>Distance:</u> 13.3				<u>Total Time:</u> 0:46:00

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