

Coconut Workouts

Half Full Distance Triathlon

BASE WEEK 15

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BASE WEEK 15

Week's Objectives:

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

Week Totals:

Swim: 4700
Bike: 104
Run: 18
Hours: 10:55

Swim Base (100 M) 1:45
Bike Base (mph) 22.0
Run Base (mile time) 7:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	2.5	80%	24:13	1:00	25:13
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Pacing			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:41:50
Monday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	1	25	75%	0:35	0:10	0:45
Drill	Distance/Stroke	1	25	75%	0:35	0:10	0:45
Drill	Turnover	1	25	100%	0:26	0:10	0:36
Drill	Combine All	1	25	100%	0:26	0:10	0:36
Main Set	Freestyle	4	200	80%	16:28	4:23	17:30
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
1 Set Interval			<u>Distance:</u> 1450		32:11		<u>Total Time:</u> 35:52
Tuesday -- BIKE							
Warm-up	Warm-up	1	7.7	70%	30:00		0:30:00
Climb--Rollers	80 cadence	3	4.7	90%	10:00	4:15	0:42:44
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
Climb Day			<u>Distance:</u> 23.0				<u>Total Time:</u> 1:17:44
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	3.0	80%	29:04	1:00	30:04
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Pacing			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:46:40
Wednesday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
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	6	150	80%	18:32	3:17	19:41
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
1 Set Interval			<u>Distance:</u> 1550		34:32		<u>Total Time:</u> 38:21

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	7.7	70%	30:00		0:30:00
Steady State	85 cadence	5	3.4	85%	10:00	1:00	0:55:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Pacing			<u>Distance:</u> 26.3				<u>Total Time:</u> 1:30:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Fartlek	Variable	1	3.0	80%	29:04	1:00	30:04
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Fartlek			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:46:40
Friday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	100%	0:53	0:10	1:12
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	1	400	80%	8:14	8:45	8:45
Main Set	Freestyle	2	300	80%	12:21	6:34	13:07
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
2 Set Interval			<u>Distance:</u> 1700		37:10		<u>Total Time:</u> 41:28
Saturday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	1	10.9	85%	30:00	5:00	0:35:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 14.9				<u>Total Time:</u> 0:50:00
Saturday -- RUN							
Warm-Up	Warm-up	1	0.5	70%	5:32		5:32
Pacing	Steady state	1	4.0	80%	38:45	1:00	39:45
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Brick Day			<u>Distance:</u> 5.0				<u>Total Time:</u> 0:50:49
Sunday -- BIKE							
Warm-up	Warm-up	1	11.6	70%	45:00		0:45:00
Steady State	Spin	1	15.6	85%	45:00	5:00	0:50:00
Rolling Hills	85-90 Cadence	1	9.7	85%	30:00	1:00	0:31:00
Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00
Steady & Rolling			<u>Distance:</u> 39.4				<u>Total Time:</u> 2:16:00

Coconut Workouts

Half Full Distance Triathlon



BUILD Phase-1 Week 1

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BUILD Phase-1 Week 1

Week's Objectives:

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

Week Totals:

Swim: 5150
Bike: 106
Run: 20
Hours: 11:05

Swim Base (100 M) 1:45
Bike Base (mph) 22.0
Run Base (mile time) 7:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	3.0	80%	29:04	2:00	31:04
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Descending			Distance:	4.5	Total Time:		0:47:40
Monday -- SWIM <i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	1	100	80%	2:04	2:11	2:11
Main Set	Freestyle	1	200	80%	4:07	4:23	4:23
Main Set	Freestyle	1	300	80%	6:11	6:34	6:34
Main Set	Freestyle	1	200	90%	3:41	3:53	3:53
Main Set	Freestyle	1	100	90%	1:51	1:57	1:57
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
5 Set Ladder			Distance:	1650	Total Time:		40:02
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Climb--Rollers	80 cadence	2	2.3	90%	5:00	2:07	0:14:15
Climb--Rollers	90 cadence	2	2.3	90%	5:00	2:07	0:14:15
Climb--Rollers	80 cadence	2	2.3	90%	5:00	2:07	0:14:15
Climb--Rollers	70 cadence	2	2.3	90%	5:00	2:07	0:14:15
Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00
"Flat" Climb Day			Distance:	23.8	Total Time:		1:16:58
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Fartlek	Variable	1	2.5	90%	21:32	1:00	22:32
Tempo	Steady State	1	1.0	85%	9:07	1:00	10:07
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Mash-up			Distance:	5.0	Total Time:		0:49:15
Wednesday -- SWIM <i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	5	200	80%	20:35	4:23	21:52
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
1 Set Interval			Distance:	1750	Total Time:		42:58

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	3.9	70%	15:00		0:15:00
Chain Links	90 cadence	20	0.7	95%	1:00	1:00	0:40:00
Warm-down	Warm-down	1	8.8	80%	30:00		0:30:00
Links			Distance:	26.6	Total Time:		1:25:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	3.0	80%	29:04	1:00	30:04
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Pacing			Distance:	4.5	Total Time:		0:46:40
Friday -- SWIM <i>(or Interval)</i>							
Warm-Up	Warm-up	1	200	70%	5:00	1:00	6:00
Main Set	Freestyle	4	50	90%	3:41	0:58	3:53
Main Set	Freestyle	4	300	80%	24:42	6:34	26:15
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:	1750	Total Time:		40:48
Saturday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	1	16.5	90%	45:00	5:00	0:50:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Brick Day			Distance:	20.5	Total Time:		1:05:00
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	4.0	90%	34:27	1:00	35:27
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Brick Day			Distance:	5.5	Total Time:		0:52:03
Sunday -- BIKE							
Warm-up	Warm-up	1	7.7	70%	30:00		0:30:00
Speed	90 cadence	1	0.7	90%	1:00	1:00	0:02:00
Speed	90 cadence	1	1.0	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.3	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.7	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	2.0	90%	5:00	1:00	0:06:00
Speed	90 cadence	1	1.7	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	1.3	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.0	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	3.6	90%	1:00	10:00	0:11:00
Steady State	85 cadence	1	9.1	80%	30:00	1:00	0:31:00
Warm-down	Warm-down	1	3.9	70%	15:00		0:15:00
Ladder-Steady			Distance:	34.8	Total Time:		1:59:00

Coconut Workouts

Half Full Distance Triathlon



Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

RECOVERY WEEK Phase 1

Week's Objectives:

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

Week Totals:

Swim: 5000
Bike: 87
Run: 18
Hours: 9:55

Swim Base (100 M) 1:45
Bike Base (mph) 22.0
Run Base (mile time) 7:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	3.0	75%	31:00	1:00	32:00
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Pacing			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:48:36
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
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	2	300	80%	12:21	6:34	13:07
Main Set	Freestyle	2	200	85%	7:47	4:07	8:14
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
Down Distance w/Speed			<u>Distance:</u> 1650		<u>36:08</u>		<u>Total Time:</u> 40:02
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	3	3.4	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Steady State			<u>Distance:</u> 15.8				<u>Total Time:</u> 0:53:00
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Recovery	Easy	1	3.0	70%	33:13	0:00	33:13
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Recovery			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:49:49
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
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	3	400	85%	23:20	8:14	24:42
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	200	70%	5:00		5:00
1 Set Interval			<u>Distance:</u> 1800		<u>38:05</u>		<u>Total Time:</u> 42:07

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Mix	Spin & Climb	1	13.5	80%	45:00	1:00	0:46:00
Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00
Rolling Hills			<u>Distance:</u> 17.4				<u>Total Time:</u> 1:01:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	3.0	80%	29:04	2:00	31:04
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32
Steady State			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:47:40
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	200	70%	5:00	1:00	6:00
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	1	500	85%	9:43	10:18	10:18
Main Set	Freestyle	5	100	90%	9:13	1:57	9:43
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	200	70%	5:00		5:00
2 Set Reverse Interval			<u>Distance:</u> 1550		<u>32:26</u>		<u>Total Time:</u> 36:11
Saturday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	4	5.6	90%	15:00	2:00	1:08:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 26.5				<u>Total Time:</u> 1:23:00
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	2.0	80%	19:22	2:00	21:23
Warm-Down	Warm-down	1	1.0	70%	11:04		11:04
Brick Day			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:43:31
Sunday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	1	23.7	85%	75:00	1:00	1:16:00
Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00
Steady State			<u>Distance:</u> 27.6				<u>Total Time:</u> 1:31:00

Coconut Workouts

Half Full Distance Triathlon



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YOUR NAME HERE
August 1, 2019

TAPER WEEK -1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	5700
Bike:	136
Run:	26
Hours:	13:43
Swim Base (100 M)	1:45
Bike Base (mph)	22.0
Run Base (mile time)	7:45

TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	2.0	75%	20:40	1:00	21:40
Pacing	Steady state	1	2.0	90%	17:13	3:00	20:13
Warm-Down	Warm-down	1	1.0	70%	11:04		11:04
Descending			<u>Distance:</u>				<u>1:04:02</u>
			6.0				Total Time:
<i>(or Interval)</i>							
Monday -- SWIM							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	3	25	75%	1:45	0:10	2:15
Drill	Distance/Stroke	3	25	75%	1:45	0:10	2:15
Drill	Turnover	3	25	100%	1:19	0:10	1:49
Drill	Combine All	3	25	100%	1:19	0:10	1:49
Main Set	Freestyle	3	300	85%	17:30	6:11	18:32
Main Set	Freestyle	3	100	95%	5:15	1:51	5:32
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	200	70%	5:00		5:00
Reverse Intervals Mix			<u>Distance:</u>				<u>41:18</u>
			2000				Total Time:
							46:36
Tuesday -- BIKE							
Warm-up	Warm-up	1	8.8	80%	30:00		0:30:00
Climb--Rollers	70 cadence	1	3.7	90%	8:00	3:24	0:11:24
Climb--Rollers	80 cadence	1	3.7	90%	8:00	3:24	0:11:24
Climb--Rollers	90 cadence	1	3.7	95%	8:00	3:24	0:11:24
Climb--Rollers	80 cadence	1	3.7	95%	8:00	3:24	0:11:24
Climb--Rollers	70 cadence	1	3.7	95%	8:00	3:24	0:11:24
Warm-down	Warm-down	1	4.1	75%	15:00		0:15:00
Climb Day			<u>Distance:</u>				<u>1:41:58</u>
			31.6				Total Time:
							1:41:58
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Fartlek	Variable	1	3.0	90%	25:50	1:00	26:50
Warm-Down	Warm-down	1	1.0	70%	11:04		11:04
Mash-up			<u>Distance:</u>				<u>0:48:59</u>
			5.0				Total Time:
							0:48:59
Wednesday -- SWIM							
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	2	200	85%	7:47	4:07	8:14
Main Set	Freestyle	1	400	85%	7:47	8:14	8:14
Main Set	Freestyle	2	200	85%	7:47	4:07	8:14
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
3 Set Reverse Intervals Mix			<u>Distance:</u>				<u>41:05</u>
			1950				Total Time:
							45:47

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	8.8	80%	30:00		0:30:00
Big Gear	80 cadence	1	7.6	90%	20:00	3:00	0:23:00
Bigger Gear	70 cadence	1	5.9	90%	15:00	3:00	0:18:00
Biggest Gear	60 cadence	1	4.3	90%	10:00	3:00	0:13:00
Warm-down	Warm-down	1	4.4	80%	15:00		0:15:00
Flat Climbs			<u>Distance:</u>				<u>1:39:00</u>
			31.0				Total Time:
							1:39:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	3.0	85%	27:21	1:00	28:21
Warm-Down	Warm-down	1	1.0	75%	10:20		10:20
Pacing			<u>Distance:</u>				<u>0:49:45</u>
			5.0				Total Time:
							0:49:45
Friday -- SWIM							
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	1	300	85%	5:50	6:11	6:11
Main Set	Freestyle	2	200	80%	8:14	4:23	8:45
Main Set	Freestyle	3	100	95%	5:15	1:51	5:32
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
3 Set Mix Speed Up			<u>Distance:</u>				<u>37:04</u>
			1750				Total Time:
							0:41:32
Saturday -- BIKE							
Warm-up	Warm-up	1	5.1	70%	20:00		0:20:00
Chain Links	90 cadence	5	2.8	95%	5:00	3:00	0:40:00
Steady State	90 cadence	1	9.9	90%	30:00		0:30:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Brick Day			<u>Distance:</u>				<u>1:35:00</u>
			30.4				Total Time:
							1:35:00
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	5.0	85%	0:45:35	1:00	46:35
Fartlek	Variable	1	3.0	90%	25:50	1:00	26:50
Warm-Down	Warm-down	1	0.5	60%	6:28		6:28
Brick Day			<u>Distance:</u>				<u>1:30:57</u>
			9.5				Total Time:
							1:30:57
Sunday -- BIKE							
Warm-up	Warm-up	1	13.2	80%	0:45:00		0:45:00
Steady State	85-90 cadence	1	16.5	90%	0:45:00	5:00	0:50:00
Rolling Climbs	85-90 cadence	1	9.4	85%	0:30:00		0:30:00
Warm-down	Warm-down	1	4.1	75%	15:00		0:15:00
Ladder-Steady & Rolling			<u>Distance:</u>				<u>2:20:00</u>
			43.2				Total Time:
							2:20:00