

Coconut Workouts

Standard Distance Triathlon



Build Monday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
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	300	75%	6:34	7:00	7:00
Main Set	Freestyle	2	200	80%	8:14	4:23	8:45
Main Set	Freestyle	3	100	90%	5:32	1:57	5:50
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
3 Set Interval			Distance: 1750		38:04	Total Time:	42:40

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- BIKE							
Warm-up	Warm-up	1	3.8	75%	15:00		0:15:00
Rolling	85+ cadence	1	16.7	100%	50:00		0:50:00
Climb--Rollers	>Ride over the hills	1					
Climb--Rollers	>1st half easy up	1		75%			
Climb--Rollers	>2nd half faster up	1		100%			
Climb--Rollers	Recover on downs	1		75%			
Warm-down	Warm-down	1	2.5	75%	10:00		0:10:00
Climb Day			Distance: 22.9			Total Time:	1:15:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Pacing	Steady state	1	2.0	70%	20:00	1:00	21:00
Pacing	Steady state	1	1.5	80%	13:07	2:00	15:07
Pacing	Steady state	1	1.0	90%	7:47	3:00	10:47
Warm-Down	Warm-down	1	0.5	60%	5:50		5:50
Descending			Distance: 6.0			Total Time:	1:02:44

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>