

Coconut Workouts

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: 88
Run: 18
Hours: 11:11

Swim Base (100 M) 1:45
Bike Base (mph) 19.0
Run Base (mile time) 8:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME								
Monday -- RUN								Thursday -- BIKE															
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09	Warm-up	Warm-up	1	6.7	70%	30:00		0:30:00								
Pacing	Steady state	1	2.5	80%	26:34	1:00	27:34	Steady State	85 cadence	5	3.0	85%	10:00	1:00	0:55:00								
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04	Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00								
Pacing		Distance:		4.0		Total Time:		0:45:47		Pacing		Distance:		22.7		Total Time:		1:30:00					
Monday -- SWIM								Friday -- RUN															
<i>(or Interval)</i>								<i>(or Interval)</i>															
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15	Warm-Up	Warm-up	1	1.0	70%	12:09		12:09								
Drill	Catch-up	1	25	75%	0:35	0:10	0:45	Fartlek	Variable	1			31:52	1:00	32:52								
Drill	Distance/Stroke	1	25	75%	0:35	0:10	0:45	Warm-Down	Warm-down				6:04		6:04								
Drill	Turnover	1	25	100%	0:26	0:10	0:36	Total Time:								0:51:05							
Drill	Combine All	1	25	100%	0:26			<i>(or Interval)</i>															
Main Set	Freestyle	4	200	80%				6:15	1:00	7:15													
Drill	Sculling	1						0:53	0:10	1:12													
Warm-Down	Warm-down							1:10	0:10	1:30													
1 Set Interval								0:53	0:10	1:12													
Tuesday -- BIKE								Wednesday -- SWIM															
Warm-up	Warm-up	1						8:14	8:45	8:45													
Climb--Rollers	8							12:21	6:34	13:07													
Warm-down	Warm-down	1						1:10	1:00	2:10													
Climb Day								6:15		6:15													
								37:10 Total Time:								41:28							
Wednesday -- RUN								Thursday -- BIKE															
Warm-Up	Warm-up	1						10:00		0:10:00													
Pacing	Steady state	1						30:00	5:00	0:35:00													
Warm-Down	Warm-down	1						5:00		0:05:00													
Pacing								Total Time:								0:50:00							
Wednesday -- SWIM								Friday -- RUN															
Warm-Up	Warm-up	1						6:04		6:04													
Drill	Catch-up	1	4.0	80%	42:30	1:00	43:30	6:04		6:04													
Drill	Distance/Stroke	1	0.5	70%	6:04		6:04	Total Time:								0:55:39							
Main Set	Freestyle	1	1550	80%	34:32		38:21	Steady & Rolling								Distance:		34.0		Total Time:		2:16:00	
Drill	Sculling	1						Sunday -- BIKE															
Warm-Down	Warm-down	1						Warm-up	Warm-up	1	10.0	70%	45:00		0:45:00								
1 Set Interval								Steady State	Spin	1	13.5	85%	45:00	5:00	0:50:00								
								Rolling Hills	85-90 Cadence	1	8.3	85%	30:00	1:00	0:31:00								
								Warm-down	Warm-down	1	2.2	70%	10:00		0:10:00								
								Steady & Rolling								Distance:		34.0		Total Time:		2:16:00	



Call for Power, Flexibility & Workout Objectives: 1.630.457.7889

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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: 90
Run: 20
Hours: 11:21

Swim Base (100 M) 1:45
Bike Base (mph) 19.0
Run Base (mile time) 8:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME																
Monday -- RUN								Thursday -- BIKE																							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09	Warm-up	Warm-up	1	3.3	70%	15:00		0:15:00																
Pacing	Steady state	1	3.0	80%	31:52	2:00	33:52	Chain Links	90 cadence	20	0.6	95%	1:00	1:00	0:40:00																
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04	Warm-down	Warm-down	1	7.6	80%	30:00		0:30:00																
Descending		Distance:		4.5		Total Time:		Chain Link Speed Day		Distance:		23.0		Total Time:		1:25:00															
Monday -- SWIM								Friday -- RUN																							
(or Interval)																															
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15	Warm-Up	Warm-up	1	1.0	70%	12:09		12:09																
Drill	Catch-up	2	25	75%	1:10	0:10	1:30	Pacing	Steady state	1			31:52	1:00	32:52																
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30	Warm-Down	Warm-down				6:04		6:04																
Drill	Turnover	2	25	100%	0:53	0:10	1:12	Total Time:								0:51:05															
Drill	Combine All	2	25	100%	0:53			(or Interval)																							
Main Set	Freestyle	1	100	80%									5:00	1:00	6:00																
Main Set	Freestyle	1											3:41	0:58	3:53																
Main Set	Freestyle	1											24:42	6:34	26:15																
Main Set	Freestyle	1											1:10	1:00	2:10																
Main Set	Freestyle	1											2:30		2:30																
Drill	Sculling	1	50	75%	1:10	1:00	2:10	37:03 Total Time:								40:48															
Warm-Down	Warm-down	1	250	70%	6:15		6:15						10:00		0:10:00																
5 Set Ladder		Distance:		1750		Total Time:		5 Set Ladder		Distance:		10:00		Total Time:		0:10:00															
																45:00		5:00		0:50:00											
																5:00				0:05:00											
																Total Time:		1:05:00													
Tuesday -- BIKE								Wednesday -- RUN																							
Warm-up	Warm-up	1	1.0	70%	12:09		12:09	Warm-Up	Warm-up	1	6.7	70%	30:00		0:30:00																
Climb--Rollers	8	8	8	80%	37:47	1:00	38:47	Fartlek	Warm-up	1	0.6	90%	1:00	1:00	0:02:00																
Climb--Rollers	9	9	9	80%	6:04		6:04	Tempo	Speed	1	0.9	90%	2:00	1:00	0:03:00																
Climb--Rollers	8	8	8	80%	6:04		6:04	Warm-Down	Speed	1	1.1	90%	3:00	1:00	0:04:00																
Climb--Rollers	7	7	7	80%	6:04		6:04	Mash-up								Distance:		5.0		Total Time:		0:53:50									
Warm-down	Warm-down	1	0.5	70%	6:04		6:04	Wednesday -- SWIM								(or Interval)															
Climb Day		Distance:		5.0		Total Time:		Ladder-Steady		Distance:		30.1		Total Time:		1:59:00															
																Speed		90 cadence		1		1.7		90%		5:00		1:00		0:06:00	
																Speed		90 cadence		1		1.4		90%		4:00		1:00		0:05:00	
																Speed		90 cadence		1		1.4		90%		4:00		1:00		0:05:00	
																Speed		90 cadence		1		1.1		90%		3:00		1:00		0:04:00	
																Speed		90 cadence		1		0.9		90%		2:00		1:00		0:03:00	
																Speed		90 cadence		1		3.1		90%		1:00		10:00		0:11:00	
																Steady State		85 cadence		1		7.9		80%		30:00		1:00		0:31:00	
																Warm-down		Warm-down		1		3.3		70%		15:00				0:15:00	
																Ladder-Steady		Distance:		30.1		Total Time:		1:59:00							



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RECOVERY WEEK Phase 1

RECOVERY WEEK Phase 1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	5000
Bike:	75
Run:	18
Hours:	10:13
Swim Base (100 M):	1:45
Bike Base (mph):	19.0
Run Base (mile time):	8:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	
Monday -- RUN								Thursday -- BIKE								
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09	Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00	
Pacing	Steady state	1	3.0	75%	34:00	1:00	35:00	Mix	Spin & Climb	1	11.7	80%	45:00	1:00	0:46:00	
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04	Warm-down	Warm-down	1	1.2	75%	5:00		0:05:00	
Pacing	Distance:	4.5				Total Time:	0:53:13	Rolling Hills	Distance:	15.1			Total Time:	1:01:00		
Monday -- SWIM								Friday -- RUN								
						(or Interval)		Warm-Up	Warm-up	1	1.0	70%	12:09		12:09	
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15	Pacing	Steady state	1			31:52	2:00	33:52	
Drill	Catch-up	2	25	75%	1:10	0:10	1:30	Warm-Down	Warm-down				6:04		6:04	
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30		Total Time:				0:52:05			
Main Set	Freestyle	2	300	80%	12:21	6:34	13:07		(or Interval)				5:00	1:00	6:00	
Main Set	Freestyle	2	200	85%	7:47								1:10	0:10	1:30	
Drill	Sculling	1	50	75%									1:10	0:10	1:30	
Warm-Down	Warm-down	1											9:43	10:18	10:18	
Down Distance w/Speed													9:13	1:57	9:43	
Tuesday -- BIKE													1:10	1:00	2:10	
Warm-up	V												5:00		5:00	
Steady State	9								32:26 Total Time:				36:11			
Warm-down	V												10:00		0:10:00	
Steady State													15:00	2:00	1:08:00	
Wednesday -- RUN													5:00		0:05:00	
Warm-Up	V								Total Time:				1:23:00			
Recovery	E												70%	12:09	12:09	
Warm-Down	V												80%	21:15	2:00	23:15
Recovery													70%	12:09		12:09
Wednesday -- SWIM													Distance:	4.0	Total Time:	0:47:32
Warm-Up	V															
Drill	C							Saturday -- BIKE								
Drill	D							Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00	
Main Set	F							Steady State	90 cadence	1	20.5	85%	75:00	1:00	1:16:00	
Drill	S							Warm-down	Warm-down	1	1.2	75%	5:00		0:05:00	
Warm-Down	V								Steady State		Distance:	23.9		Total Time:	1:31:00	
1 Set Interval							38:05 Total Time: 42:07									



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TAPER WEEK -1

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August 1, 2019

TAPER WEEK -1

Week's Objectives:

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

Week Totals:

Swim: 8550
Bike: 94
Run: 24
Hours: 13:25

Swim Base (100 M) 1:45
Bike Base (mph) 19.0
Run Base (mile time) 8:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	1.0	75%	11:20	1:00	12:20
Pacing	Steady state	1	2.0	90%	18:53	3:00	21:53
Warm-Down	Warm-down	1	0.5	70%	6:04		6:04
Descending		Distance:		4.5		Total Time: 0:52:26	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- SWIM							
(or Interval)							
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		
Drill	Combine All	3	25	100%			
Main Set	Freestyle	2	500	85%	19:27	10:18	20:35
Main Set	Freestyle	4	250	85%	19:27	5:09	20:35
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	150	70%	3:45		3:45
2 Set Mix		Distance:		3050		Total Time: 61:22	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- BIKE							
Warm-up	Warm-up	1	7.6	80%	30:00		0:30:00
Climb--Rollers	80 cadence	7	6.6	90%	20:00	3:00	0:23:00
Climb--Rollers	70 cadence	8	5.1	90%	15:00	3:00	0:18:00
Climb--Rollers	60 cadence	9	3.7	90%	10:00	3:00	0:13:00
Climb--Rollers	Warm-down	8	1.3	80%	5:00		0:05:00
Climb--Rollers	Warm-down	7	1.3	80%	5:00		0:05:00
Climb Day		Distance:		24.3		Total Time: 1:29:00	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Fartlek	Variable	1	6.0	85%	1:00:00	1:00	61:00
Warm-Down	Warm-down	1	3.0	90%	28:20	1:00	29:20
Mash-up		Distance:		10.5		Total Time: 1:49:34	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- SWIM							
(or Interval)							
Warm-Up	Warm-up	1	150	70%	3:45	1:00	4:45
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	500	85%	19:27	10:18	20:35
Main Set	Freestyle	4	250	85%	19:27	5:09	20:35
Main Set	Freestyle	5	100	85%	9:43	2:04	10:18
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	150	70%	3:45		3:45
3 Set Interval		Distance:		3050		Total Time: 67:33	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	7.6	80%	30:00		0:30:00
Big Gear	80 cadence	1	6.6	90%	20:00	3:00	0:23:00
Bigger Gear	70 cadence	1	5.1	90%	15:00	3:00	0:18:00
Biggest Gear	60 cadence	1	3.7	90%	10:00	3:00	0:13:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Flat Climbs		Distance:		24.3		Total Time: 1:29:00	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	6.0	85%	1:00:00	1:00	61:00
Fartlek	Variable	1	3.0	90%	28:20	1:00	29:20
Warm-Down	Warm-down	1	0.5	60%	7:05		7:05
Brick Day		Distance:		10.5		Total Time: 1:49:34	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:09		12:09
Pacing	Steady state	1	6.0	85%	1:00:00	1:00	61:00
Fartlek	Variable	1	3.0	90%	28:20	1:00	29:20
Warm-Down	Warm-down	1	0.5	60%	7:05		7:05
Brick Day		Distance:		10.5		Total Time: 1:49:34	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- BIKE							
Warm-up	Warm-up	1	3.8	80%	0:15:00		0:15:00
Rolling Climbs	85-90 cadence	1	16.2	85%	1:00:00		1:00:00
Warm-down	Warm-down	1	3.6	75%	15:00		0:15:00
Ladder-Steady & Rolling		Distance:		23.5		Total Time: 1:30:00	

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