

Coconut Workouts

IM Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
Drill	Distance/Stroke	2	25	75%	1:00	0:10	1:20
Drill	Turnover	2	25	100%	0:45	0:10	1:05
Drill	Combine All	2	25	100%	0:45	0:10	1:05
Main Set	Freestyle	8	200	85%	26:40	3:32	28:14
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	200	70%	4:17		4:17
1 Set Interval			Distance: 2300		40:49	Total Time:	45:43

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Climb	70 -- 90 cadence	1	13.9	95%	40:00		0:40:00
Descend	coast to spin-out	1	13.9	100%		0:25:20	0:25:20
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
Rolling Hills			Distance: 31.7			Total Time:	1:20:20

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	2.0	90%	14:27	1:00	15:27
Recovery	Easy	1	0.5	70%	4:39	0:00	4:39
Tempo	Steady State	1	2.0	85%	15:18	1:00	16:18
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Mash-up			Distance: 6.0			Total Time:	0:50:19

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>