

# Coconut Workouts

## IM Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- SWIM</b>							(or Interval)
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	2	500	80%	17:39	9:22	18:45
Main Set	Freestyle	10	100	85%	16:40	1:46	17:39
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	200	70%	4:17		4:17
<b>2 Set Interval</b>			<b>Distance:</b> 2700		<b>48:27</b>	<b>Total Time:</b>	<b>53:52</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- BIKE</b>							
Warm-up	Warm-up	1	17.6	80%	1:00:00		1:00:00
Speed	85 cadence	1	0.6	85%	1:00	1:00	0:02:00
Speed	85 cadence	1	1.0	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.4	95%	3:00	1:00	0:04:00
Speed	85 cadence	1	1.8	100%	4:00	1:00	0:05:00
Speed	90 cadence	1	2.2	100%	5:00	1:00	0:06:00
Speed	95 cadence	1	1.8	100%	4:00	1:00	0:05:00
Speed	90 cadence	1	1.5	100%	3:00	1:00	0:04:00
Speed	85 cadence	1	1.1	100%	2:00	1:00	0:03:00
Speed	95 cadence	1	0.7	100%	1:00	1:00	0:02:00
Steady State	85-90 cadence	2	16.5	90%	0:45:00	5:00	1:40:00
Warm-down	Warm-down	1	4.1	75%	15:00		0:15:00
<b>Ladder-Steady</b>			<b>Distance:</b> 66.9			<b>Total Time:</b>	<b>3:29:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- RUN</b>							
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
<b>Mash-up</b>			<b>Distance:</b> 6.0			<b>Total Time:</b>	<b>0:50:19</b>

Choose 1 or 2 disciplines for your workout from above.

Adjust quantities, distances, or times to meet your needs.

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Personalized workouts: <https://www.palmtreesahead.com/coconut-workout-guide>