

Coconut Workouts

Full Distance Triathlon



Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

Last BASE WEEK

Week's Objectives:

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

Week Totals:

Swim: 4700
Bike: 88
Run: 18
Hours: 11:50

Swim Base (100 M) 2:00
Bike Base (mph) 19.0
Run Base (mile time) 9:30

Last BASE WEEK

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	2.5	80%	29:41	1:00	30:41
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Pacing			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:51:03
Monday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	7:09	1:00	8:09
Drill	Catch-up	1	25	75%	0:40	0:10	0:50
Drill	Distance/Stroke	1	25	75%	0:40	0:10	0:50
Drill	Turnover	1	25	100%	0:30	0:10	0:40
Drill	Combine All	1	25	100%	0:30	0:10	0:40
Main Set	Freestyle	4	200	80%	18:49	5:00	20:00
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	250	70%	7:09		7:09
1 Set Interval			<u>Distance:</u> 1450		36:47		<u>Total Time:</u> 40:37
Tuesday -- BIKE							
Warm-up	Warm-up	1	6.7	70%	30:00		0:30:00
Climb--Rollers	80 cadence	3	3.7	90%	10:00	3:40	0:41:00
Warm-down	Warm-down	1	1.1	70%	5:00		0:05:00
Climb Day			<u>Distance:</u> 18.8				<u>Total Time:</u> 1:16:00
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	3.0	80%	35:37	1:00	36:37
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Pacing			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:56:59
Wednesday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	7:09	1:00	8:09
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Main Set	Freestyle	6	150	80%	21:11	3:45	22:30
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	250	70%	7:09		7:09
1 Set Interval			<u>Distance:</u> 1550		39:28		<u>Total Time:</u> 43:27

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	6.7	70%	30:00		0:30:00
Steady State	85 cadence	5	3.0	85%	10:00	1:00	0:55:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Pacing			<u>Distance:</u> 22.7				<u>Total Time:</u> 1:30:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Fartlek	Variable	1	3.0	80%	35:37	1:00	36:37
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Fartlek			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:56:59
Friday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	7:09	1:00	8:09
Drill	Catch-up	2	25	100%	1:00	0:10	1:20
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Drill	Combine All	2	25	100%	1:00	0:10	1:20
Main Set	Freestyle	1	400	80%	9:25	10:00	10:00
Main Set	Freestyle	2	300	80%	14:07	7:30	15:00
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	250	70%	7:09		7:09
2 Set Interval			<u>Distance:</u> 1700		42:29		<u>Total Time:</u> 46:57
Saturday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	1	9.4	85%	30:00	5:00	0:35:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 12.9				<u>Total Time:</u> 0:50:00
Saturday -- RUN							
Warm-Up	Warm-up	1	0.5	70%	6:47		6:47
Pacing	Steady state	1	4.0	80%	47:30	1:00	48:30
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Brick Day			<u>Distance:</u> 5.0				<u>Total Time:</u> 1:02:04
Sunday -- BIKE							
Warm-up	Warm-up	1	10.0	70%	45:00		0:45:00
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			<u>Distance:</u> 34.0				<u>Total Time:</u> 2:16:00

Coconut Workouts

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:	12:02
Swim Base (100 M)	2:00
Bike Base (mph)	19.0
Run Base (mile time)	9:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	3.0	80%	35:37	2:00	37:37
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Descending			Distance:	4.5	Total Time:		0:57:59
Monday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	7:09	1:00	8:09
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Drill	Turnover	2	25	100%	1:00	0:10	1:20
Drill	Combine All	2	25	100%	1:00	0:10	1:20
Main Set	Freestyle	1	100	80%	2:21	2:30	2:30
Main Set	Freestyle	1	200	80%	4:42	5:00	5:00
Main Set	Freestyle	1	300	80%	7:04	7:30	7:30
Main Set	Freestyle	1	200	90%	4:13	4:27	4:27
Main Set	Freestyle	1	100	90%	2:06	2:13	2:13
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	250	70%	7:09		7:09
5 Set Ladder			Distance:	1650	40:43	Total Time: 45:17	
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Climb--Rollers	80 cadence	2	1.8	90%	5:00	1:50	0:13:40
Climb--Rollers	90 cadence	2	1.8	90%	5:00	1:50	0:13:40
Climb--Rollers	80 cadence	2	1.8	90%	5:00	1:50	0:13:40
Climb--Rollers	70 cadence	2	1.8	90%	5:00	1:50	0:13:40
Warm-down	Warm-down	1	2.2	70%	10:00		0:10:00
Climb Day			Distance:	19.1	Total Time:		1:14:40
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Fartlek	Variable	1	2.5	90%	26:23	1:00	27:23
Tempo	Steady State	1	1.0	85%	11:11	1:00	12:11
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Mash-up			Distance:	5.0	Total Time:		0:59:55
Wednesday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	7:09	1:00	8:09
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Drill	Turnover	2	25	100%	1:00	0:10	1:20
Drill	Combine All	2	25	100%	1:00	0:10	1:20
Main Set	Freestyle	5	200	80%	23:32	5:00	25:00
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	250	70%	7:09		7:09
1 Set Interval			Distance:	1750	43:49	Total Time: 48:37	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	3.3	70%	15:00		0:15:00
Chain Links	90 cadence	20	0.6	95%	1:00	1:00	0:40:00
Warm-down	Warm-down	1	7.6	80%	30:00		0:30:00
Chain Link Speed Day			Distance:	23.0	Total Time:		1:25:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	3.0	80%	35:37	1:00	36:37
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Pacing			Distance:	4.5	Total Time:		0:56:59
Friday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	200	70%	5:43	1:00	6:43
Main Set	Freestyle	4	50	90%	4:13	1:07	4:27
Main Set	Freestyle	4	300	80%	28:14	7:30	30:00
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	100	70%	2:51		2:51
2 Set Interval			Distance:	1750	42:21	Total Time: 46:21	
Saturday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	1	14.3	90%	45:00	5:00	0:50:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			Distance:	17.7	Total Time:		1:05:00
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	4.0	90%	42:13	1:00	43:13
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Brick Day			Distance:	5.5	Total Time:		1:03:35
Sunday -- BIKE							
Warm-up	Warm-up	1	6.7	70%	30:00		0:30:00
Speed	90 cadence	1	0.6	90%	1:00	1:00	0:02:00
Speed	90 cadence	1	0.9	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.1	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.4	90%	4:00	1:00	0:05:00
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	1.1	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

Coconut Workouts

Full Distance Triathlon



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Exclusively for
YOUR NAME HERE
August 1, 2019

RECOVERY WEEK Phase 1

Week's Objectives:

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

Week Totals:

Swim: 5000
Bike: 75
Run: 18
Hours: 10:53

Swim Base (100 M) 2:00
Bike Base (mph) 19.0
Run Base (mile time) 9:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	3.0	75%	38:00	1:00	39:00
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Pacing			<u>Distance:</u> 4.5			<u>Total Time:</u> 0:59:21	
Monday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	7:09	1:00	8:09
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Main Set	Freestyle	2	300	80%	14:07	7:30	15:00
Main Set	Freestyle	2	200	85%	8:53	4:42	9:25
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	250	70%	7:09		7:09
Down Distance w/Speed			<u>Distance:</u> 1650		<u>41:18</u>	<u>Total Time:</u> 45:22	
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	3	3.0	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	2.5	80%	10:00		0:10:00
Steady State			<u>Distance:</u> 13.6			<u>Total Time:</u> 0:53:00	
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Recovery	Easy	1	3.0	70%	40:43	0:00	40:43
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Recovery			<u>Distance:</u> 4.5			<u>Total Time:</u> 1:01:04	
Wednesday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	7:09	1:00	8:09
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Main Set	Freestyle	3	400	85%	26:40	9:25	28:14
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	200	70%	5:43		5:43
1 Set Interval			<u>Distance:</u> 1800		<u>43:31</u>	<u>Total Time:</u> 47:46	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Mix	Spin & Climb	1	11.7	80%	45:00	1:00	0:46:00
Warm-down	Warm-down	1	1.2	75%	5:00		0:05:00
Rolling Hills			<u>Distance:</u> 15.1			<u>Total Time:</u> 1:01:00	
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	3.0	80%	35:37	2:00	37:37
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Steady State			<u>Distance:</u> 4.5			<u>Total Time:</u> 0:57:59	
Friday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	200	70%	5:43	1:00	6:43
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Main Set	Freestyle	1	500	85%	11:07	11:46	11:46
Main Set	Freestyle	5	100	90%	10:32	2:13	11:07
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	200	70%	5:43		5:43
2 Set Interval			<u>Distance:</u> 1550		<u>37:04</u>	<u>Total Time:</u> 40:58	
Saturday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	4	4.8	90%	15:00	2:00	1:08:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 22.9			<u>Total Time:</u> 1:23:00	
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	2.0	80%	23:45	2:00	25:45
Warm-Down	Warm-down	1	1.0	70%	13:34		13:34
Brick Day			<u>Distance:</u> 4.0			<u>Total Time:</u> 0:52:54	
Sunday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Steady State	90 cadence	1	20.5	85%	75:00	1:00	1:16:00
Warm-down	Warm-down	1	1.2	75%	5:00		0:05:00
Steady State			<u>Distance:</u> 23.9			<u>Total Time:</u> 1:31:00	

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Full Distance Triathlon



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August 1, 2019

TAPER WEEK -1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	6400
Bike:	90
Run:	17
Hours:	11:58
Swim Base (100 M)	2:00
Bike Base (mph)	19.0
Run Base (mile time)	9:30

TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	1.0	75%	12:40	1:00	13:40
Pacing	Steady state	1	2.0	90%	21:07	3:00	24:07
Warm-Down	Warm-down	1	0.5	70%	6:47		6:47
Descending		Distance:				Total Time:	
		4.5				0:58:08	
Monday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	200	70%	5:43	1:00	6:43
Drill	Catch-up	3	25	75%	2:00	0:10	2:30
Drill	Distance/Stroke	3	25	75%	2:00	0:10	2:30
Drill	Turnover	3	25	100%	1:30	0:10	2:00
Drill	Combine All	3	25	100%	1:30	0:10	2:00
Main Set	Freestyle	2	500	85%	22:13	11:46	23:32
Main Set	Freestyle	5	100	95%	10:00	2:06	10:32
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	150	70%	4:17		4:17
2 Set Mix		Distance:				Total Time:	
		2200		50:33		56:23	
Tuesday -- BIKE							
Warm-up	Warm-up	1	7.6	80%	30:00		0:30:00
Climb--Rollers	70 cadence	1	2.9	90%	8:00	2:56	0:10:56
Climb--Rollers	80 cadence	1	2.9	90%	8:00	2:56	0:10:56
Climb--Rollers	90 cadence	1	2.9	95%	8:00	2:56	0:10:56
Climb--Rollers	80 cadence	1	2.9	95%	8:00	2:56	0:10:56
Climb--Rollers	70 cadence	1	2.9	95%	8:00	2:56	0:10:56
Warm-down	Warm-down	1	3.6	75%	15:00		0:15:00
Climb Day		Distance:				Total Time:	
		25.8				1:39:40	
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Fartlek	Variable	1	1.0	90%	10:33	1:00	11:33
Warm-Down	Warm-down	1	1.0	70%	13:34		13:34
Mash-up		Distance:				Total Time:	
		3.0				0:38:42	
Wednesday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:17	1:00	5:17
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Drill	Turnover	2	25	100%	1:00	0:10	1:20
Drill	Combine All	2	25	100%	1:00	0:10	1:20
Main Set	Freestyle	2	500	85%	22:13	11:46	23:32
Main Set	Freestyle	2	250	85%	11:07	5:53	11:46
Main Set	Freestyle	2	100	85%	4:27	2:21	4:42
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	150	70%	4:17		4:17
3 Set Interval		Distance:				Total Time:	
		2250		52:21		57:54	

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:				Total Time:	
		24.3				1:29:00	
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	1.0	85%	11:11	1:00	12:11
Warm-Down	Warm-down	1	1.0	75%	12:40		12:40
Pacing		Distance:				Total Time:	
		3.0				0:38:25	
Friday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	200	70%	5:43	1:00	6:43
Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
Drill	Turnover	2	25	100%	1:00	0:10	1:20
Drill	Combine All	2	25	100%	1:00	0:10	1:20
Main Set	Freestyle	1	400	80%	9:25	10:00	10:00
Main Set	Freestyle	1	300	85%	6:40	7:04	7:04
Main Set	Freestyle	2	200	80%	9:25	5:00	10:00
Main Set	Freestyle	3	100	95%	6:00	2:06	6:19
Drill	Sculling	1	50	75%	1:20	1:00	2:20
Warm-Down	Warm-down	1	100	70%	2:51		2:51
4 Set Mix Speed Up		Distance:				Total Time:	
		1950		46:04		0:51:17	
Saturday -- BIKE							
Warm-up	Warm-up	1	2.2	70%	10:00		0:10:00
Chain Links	90 cadence	5	1.8	95%	5:00	1:00	0:30:00
Steady State	90 cadence	1	4.3	90%	15:00		0:15:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day		Distance:				Total Time:	
		16.8				1:00:00	
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Pacing	Steady state	1	4.0	85%	0:44:42	1:00	45:42
Fartlek	Variable	1	1.0	90%	10:33	1:00	11:33
Warm-Down	Warm-down	1	0.5	60%	7:55		7:55
Brick Day		Distance:				Total Time:	
		6.5				1:18:45	
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:				Total Time:	
		23.5				1:30:00	