

Coconut Workouts

Standard Distance Triathlon



Build Thursday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- 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	6	200	85%	23:20	4:07	24:42
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
1 Set Interval			Distance: 1800		37:20	Total Time:	42:02

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Big Gear	80 cadence	4	6.0	90%	15:00	3:00	1:12:00
Warm-down	Warm-down	1	2.3	70%	10:00		0:10:00
Big Gear Day			Distance: 28.7			Total Time:	1:32:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Fartlek	Variable	2	2.0	80%	35:00	1:00	37:00
Warm-Down	Warm-down	1	1.0	70%	10:00		10:00
Fartlek			Distance: 6.0			Total Time:	0:57:00

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>