

Coconut Workouts

Sprint Distance Triathlon



Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BASE WEEK 15

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
	Swim: 2600
	Bike: 49
	Run: 13
	Hours: 6:34
Swim Base (100 M)	1:55
Bike Base (mph)	20.0
Run Base (mile time)	8:00

BASE WEEK 15

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	2.0	80%	20:00	1:00	21:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Pacing			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:39:06
Day #1 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06
Drill	Catch-up	1	25	75%	0:38	0:10	0:48
Drill	Distance/Stroke	1	25	75%	0:38	0:10	0:48
Drill	Turnover	1	25	100%	0:29	0:10	0:39
Drill	Combine All	1	25	100%	0:29	0:10	0:39
Main Set	Freestyle	2	200	80%	9:01	4:47	9:35
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	150	70%	4:06		4:06
1 Set Interval			<u>Distance:</u> 850		20:45		<u>Total Time:</u> 23:59
Day #2 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Climb--Rollers	80 cadence	2	4.0	90%	10:00	3:52	0:27:45
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Climb Day			<u>Distance:</u> 11.5				<u>Total Time:</u> 0:42:45
Day #3 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	2.0	80%	20:00	1:00	21:00
Warm-Down	Warm-down	1	0.5	70%	5:43		5:43
Pacing			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:38:09
Day #3 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Main Set	Freestyle	3	150	80%	10:09	3:36	10:47
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	100	70%	2:44		2:44
1 Set Interval			<u>Distance:</u> 850		20:50		<u>Total Time:</u> 24:08

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #4 -- BIKE							
Warm-up	Warm-up	1	1.2	70%	5:00		0:05:00
Steady State	85 cadence	3	3.1	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Pacing			<u>Distance:</u> 11.9				<u>Total Time:</u> 0:43:00
Day #5 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Fartlek	Variable	1	1.5	80%	15:00	1:00	16:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Fartlek			<u>Distance:</u> 3.0				<u>Total Time:</u> 0:34:06
Day #5 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06
Main Set	Freestyle	1	400	80%	9:01	9:35	9:35
Main Set	Freestyle	1	200	80%	4:31	4:47	4:47
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	100	70%	2:44		2:44
2 Set Interval			<u>Distance:</u> 900		21:39		<u>Total Time:</u> 24:30
Day #6 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	90 cadence	1	9.9	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> 13.6				<u>Total Time:</u> 0:50:00
Day #6 -- RUN							
Warm-Up	Warm-up	1	0.5	70%	5:43		5:43
Pacing	Steady state	1	1.5	80%	15:00	1:00	16:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Brick Day			<u>Distance:</u> 2.5				<u>Total Time:</u> 0:28:23
Day #7 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	Spin	1	8.8	85%	0:30:00	1:00	0:31:00
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Steady State			<u>Distance:</u> 12.3				<u>Total Time:</u> 0:46:00

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Sprint 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: 2900
Bike: 52
Run: 14
Hours: 6:52

Swim Base (100 M) 1:55
Bike Base (mph) 20.0
Run Base (mile time) 8:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	1.5	80%	15:00	2:00	17:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Pacing			<u>Distance:</u> 3.0			<u>Total Time:</u>	0:35:06
Day #1 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Drill	Turnover	2	25	100%	0:58	0:10	1:18
Drill	Combine All	2	25	100%	0:58	0:10	1:18
Main Set	Freestyle	1	200	80%	4:31	4:47	4:47
Main Set	Freestyle	2	100	90%	4:02	2:08	4:16
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	150	70%	4:06		4:06
2 Set Interval			<u>Distance:</u> 950		<u>22:31</u>	<u>Total Time:</u>	26:21
Day #2 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Climb--Rollers	80 cadence	1	2.0	90%	5:00	1:56	0:06:56
Climb--Rollers	90 cadence	1	2.0	90%	5:00	1:56	0:06:56
Climb--Rollers	80 cadence	1	2.0	90%	5:00	1:56	0:06:56
Climb--Rollers	70 cadence	1	2.0	90%	5:00	1:56	0:06:56
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
"Flat" Climb Day			<u>Distance:</u> 11.5			<u>Total Time:</u>	0:42:45
Day #3 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Fartlek	Variable	1	1.0	90%	8:53	1:00	9:53
Tempo	Steady State	1	1.0	85%	9:25	1:00	10:25
Warm-Down	Warm-down	1	0.5	70%	5:43		5:43
Mash-up			<u>Distance:</u> 3.5			<u>Total Time:</u>	0:37:27
Day #3 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	200	70%	5:29	1:00	6:29
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Drill	Turnover	2	25	100%	0:58	0:10	1:18
Drill	Combine All	2	25	100%	0:58	0:10	1:18
Main Set	Freestyle	2	200	75%	9:35	5:07	10:13
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	100	70%	2:44		2:44
1 Set Interval			<u>Distance:</u> 950		<u>23:33</u>	<u>Total Time:</u>	27:31

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #4 -- BIKE							
Warm-up	Warm-up	1	1.2	70%	5:00		0:05:00
Chain Links	90 cadence	14	0.6	95%	1:00	1:00	0:28:00
Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Links			<u>Distance:</u> 12.7			<u>Total Time:</u>	0:43:00
Day #5 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	2.0	80%	20:00	1:00	21:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Pacing			<u>Distance:</u> 3.5			<u>Total Time:</u>	0:39:06
Day #5 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	100	70%	2:44	1:00	3:44
Main Set	Freestyle	5	50	90%	5:03	1:04	5:19
Main Set	Freestyle	1	500	80%	11:16	11:59	11:59
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	100	70%	2:44		2:44
Speed & Pace			<u>Distance:</u> 1000		<u>23:04</u>	<u>Total Time:</u>	26:03
Day #6 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	90 cadence	3	3.9	90%	8:00	5:00	0:39:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 15.4			<u>Total Time:</u>	0:54:00
Day #6 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	2.0	90%	17:47	1:00	18:47
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Brick Day			<u>Distance:</u> 3.5			<u>Total Time:</u>	0:36:52
Day #7 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
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	1.2	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.5	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	1.2	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	0.6	90%	1:00	1:00	0:02:00
Steady State	85 cadence	1	1.6	80%	5:00	1:00	0:06:00
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Stair-Step-Steady			<u>Distance:</u> 12.0			<u>Total Time:</u>	0:44:00

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RECOVERY WEEK Phase 1

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YOUR NAME HERE
August 1, 2019

RECOVERY WEEK Phase 1

Week's Objectives:

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

Week Totals:

Swim: 2750
Bike: 61
Run: 13
Hours: 7:31

Swim Base (100 M) 1:55
Bike Base (mph) 20.0
Run Base (mile time) 8:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	2.0	75%	21:20	1:00	22:20
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Pacing			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:40:26
Day #1 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Main Set	Freestyle	1	250	80%	5:38	5:59	5:59
Main Set	Freestyle	1	150	85%	3:12	3:23	3:23
Main Set	Freestyle	1	50	90%	1:01	1:04	1:04
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	150	70%	4:06		4:06
Down Distance w/Speed			<u>Distance:</u> 900		21:53		<u>Total Time:</u> 25:09
Day #2 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	90 cadence	3	3.1	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Steady State			<u>Distance:</u> 14.4				<u>Total Time:</u> 0:53:00
Day #3 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Recovery	Easy	1	1.5	70%	17:09	0:00	17:09
Warm-Down	Warm-down	1	0.5	70%	5:43		5:43
Recovery			<u>Distance:</u> 3.0				<u>Total Time:</u> 0:34:17
Day #3 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Main Set	Freestyle	3	200	85%	12:47	4:31	13:32
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	100	70%	2:44		2:44
1 Set Interval			<u>Distance:</u> 1000		23:27		<u>Total Time:</u> 26:52

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #4 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Mix	Spin & Climb	1	12.3	80%	45:00	1:00	0:46:00
Warm-down	Warm-down	1	1.3	75%	5:00		0:05:00
Rolling Hills			<u>Distance:</u> 15.9				<u>Total Time:</u> 1:01:00
Day #5 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	2.0	80%	20:00	2:00	22:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Steady State			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:40:06
Day #5 -- SWIM (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:06	1:00	5:06
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Main Set	Freestyle	1	200	85%	4:16	4:31	4:31
Main Set	Freestyle	2	100	90%	4:02	2:08	4:16
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	150	70%	4:06		4:06
2 Set Interval			<u>Distance:</u> 850		20:21		<u>Total Time:</u> 23:29
Day #6 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	90 cadence	2	5.1	90%	15:00	2:00	0:34:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 13.9				<u>Total Time:</u> 0:49:00
Day #6 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	1.0	80%	10:00	2:00	12:00
Warm-Down	Warm-down	1	1.0	70%	11:26		11:26
Brick Day			<u>Distance:</u> 3.0				<u>Total Time:</u> 0:34:51
Day #7 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	90 cadence	4	3.4	85%	11:00	1:00	0:48:00
Warm-down	Warm-down	1	1.3	75%	5:00		0:05:00
Steady State			<u>Distance:</u> 17.2				<u>Total Time:</u> 1:03:00

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RACE 1 TAPER WEEK -1

Week's Objectives:

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

Week Totals:
Swim: 3550
Bike: 51
Run: 13
Hours: 6:54

Swim Base (100 M) 1:55
 Bike Base (mph) 20.0
 Run Base (mile time) 8:00

RACE 1 TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #1 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	1.5	80%	15:00	1:00	16:00
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Pacing			<u>Distance:</u> 3.0				<u>Total Time:</u> 0:34:06
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	200	70%	5:29	1:00	6:29
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Drill	Turnover	2	25	100%	0:58	0:10	1:18
Drill	Combine All	2	25	100%	0:58	0:10	1:18
Main Set	Freestyle	1	300	80%	6:46	7:11	7:11
Main Set	Freestyle	1	200	90%	4:02	4:16	4:16
Main Set	Freestyle	1	100	95%	1:55	2:01	2:01
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	200	70%	5:29		5:29
Down Distance w/Speed			<u>Distance:</u> 1250		<u>29:25</u>		<u>Total Time:</u> 33:30
Day #2 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Climb	70 -- 90 cadence	1	4.8	95%	15:00		0:15:00
Descend	coast to spin-out	1	4.8	100%		0:09:12	0:09:12
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Rolling Hills			<u>Distance:</u> 13.0				<u>Total Time:</u> 0:39:12
Day #3 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Fartlek	Variable	1	1.0	90%	8:53	1:00	9:53
Recovery	Easy	1	0.5	70%	5:43	0:00	5:43
Tempo	Steady State	1	0.5	90%	4:27	1:00	5:27
Warm-Down	Warm-down	1	0.5	70%	5:43		5:43
Mash-up			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:38:11
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	200	70%	5:29	1:00	6:29
Drill	Catch-up	2	25	75%	1:17	0:10	1:37
Drill	Distance/Stroke	2	25	75%	1:17	0:10	1:37
Drill	Turnover	2	25	100%	0:58	0:10	1:18
Drill	Combine All	2	25	100%	0:58	0:10	1:18
Main Set	Freestyle	2	200	85%	8:31	4:31	9:01
Main Set	Freestyle	2	100	100%	3:39	1:55	3:50
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	100	70%	2:44		2:44
2 Set Interval			<u>Distance:</u> 1150		<u>26:08</u>		<u>Total Time:</u> 30:09

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Day #4 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	85 cadence	1	3.1	85%	10:00	1:00	0:11:00
Steady State	90 cadence	2	2.2	95%	6:00	1:00	0:14:00
Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Push Fast			<u>Distance:</u> 12.6				<u>Total Time:</u> 0:45:00
Day #5 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	0.5	80%	5:00	1:00	6:00
Pacing	Steady state	1	1.0	90%	8:53	3:00	11:53
Warm-Down	Warm-down	1	0.5	60%	6:40		6:40
Dist/Speed Up			<u>Distance:</u> 3.0				<u>Total Time:</u> 0:35:59
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:51	1:00	7:51
Main Set	Freestyle	2	50	90%	2:01	1:04	2:08
Main Set	Freestyle	1	300	80%	6:46	7:11	7:11
Main Set	Freestyle	1	200	85%	4:16	4:31	4:31
Main Set	Freestyle	1	100	95%	1:55	2:01	2:01
Drill	Sculling	1	50	75%	1:17	1:00	2:17
Warm-Down	Warm-down	1	150	70%	4:06		4:06
Up Reps w/Speed			<u>Distance:</u> 1150		<u>27:11</u>		<u>Total Time:</u> 30:04
Day #6 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	90 cadence	3	2.7	90%	7:00	2:00	0:27:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 11.8				<u>Total Time:</u> 0:42:00
Day #6 -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:26		11:26
Pacing	Steady state	1	1.0	85%	9:25	2:00	11:25
Pacing	Steady state	1	0.5	95%	4:13	2:00	6:13
Warm-Down	Warm-down	1	1.0	70%	11:26		11:26
Brick Day			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:40:29
Day #7 -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Speed	90 cadence	1	3.5	95%	8:00	3:00	0:11:00
Speed	90 cadence	1	0.7	100%	1:00	1:00	0:02:00
Speed	90 cadence	1	1.0	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.3	100%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.0	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	0.7	100%	1:00	1:00	0:02:00
Steady State	90 cadence	1	1.6	80%	5:00	1:00	0:06:00
Warm-down	Warm-down	1	1.2	70%	5:00		0:05:00
Stair-Step-Steady			<u>Distance:</u> 13.3				<u>Total Time:</u> 0:46:00