

# Coconut Workouts

## Sprint Distance Triathlon



**Workouts Prepared**  
**Exclusively for**  
**YOUR NAME HERE**  
**August 1, 2019**

**BASE WEEK**

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	1300
Bike:	24
Run:	7
Hours:	3:44
Swim Base (100 M)	2:00
Bike Base (mph)	16.0
Run Base (mile time)	9:30

**BASE WEEK**

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Day #1 -- RUN</b>							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	2.0	90%	21:07	1:00	22:07
Warm-Down	Warm-down	1	0.5	75%	6:20		6:20
<b>Pacing</b>			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:40:19
<b>Day #2 -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	100	75%	2:40	1:00	3:40
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	50	85%	4:27	1:11	4:42
Drill	Sculling	1	25	75%	0:40	1:00	1:40
Warm-Down	Warm-down	1	75	75%	2:00		2:00
<b>1 Set Interval</b>			<u>Distance:</u> 500		12:07		<u>Total Time:</u> 15:02
<b>Day #3 -- BIKE</b>							
Warm-up	Warm-up	1	2.1	80%	10:00		0:10:00
Steady	Spin	1	7.2	90%	30:00		0:30:00
Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
<b>Steady State</b>			<u>Distance:</u> 10.4				<u>Total Time:</u> 0:45:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Day #4 -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	150	75%	4:00	1:00	5:00
Drill	Catch-up	1	25	75%	0:40	0:10	0:50
Drill	Distance/Stroke	1	25	75%	0:40	0:10	0:50
Main Set	Freestyle	5	100	85%	11:07	2:21	11:46
Drill	Sculling	1	25	75%	0:40	1:00	1:40
Warm-Down	Warm-down	1	75	75%	2:00		2:00
<b>1 Set Interval</b>			<u>Distance:</u> 800		19:07		<u>Total Time:</u> 22:06
<b>Day #5 -- RUN</b>							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	2.0	85%	22:21	1:00	23:21
Warm-Down	Warm-down	1	0.5	75%	6:20		6:20
<b>Pacing</b>			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:41:34
<b>Day #6 -- BIKE</b>							
Warm-up	Warm-up	1	2.1	80%	10:00		0:10:00
Steady State	Spin	1	10.8	90%	45:00		0:45:00
Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
<b>Steady State</b>			<u>Distance:</u> 14.0				<u>Total Time:</u> 1:00:00
<b>#7 Rest Day</b>							

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## Sprint Distance Triathlon



**BUILD**

**Workouts Prepared**  
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**YOUR NAME HERE**  
**August 1, 2019**

**BUILD**

**Week's Objectives:**

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

**Week Totals:**

**Swim:** 1850  
**Bike:** 23  
**Run:** 7  
**Hours:** 4:00

Swim Base (100 M) 2:00  
 Bike Base (mph) 16.0  
 Run Base (mile time) 9:30



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Day #1 -- RUN</b>								<b>Day #4 -- SWIM</b>							
Warm-Up	Warm-up	1	1.0	75%	12:40		12:40	Warm-Up	Warm-up	1	150	70%	4:17	1:00	5:17
Pacing	Fartlek	1	2.0	85%	22:21	1:00	23:21	Drill	Catch-up	2	25	75%	1:20	0:10	1:40
Warm-Down	Warm-down	1	0.5	75%	6:20		6:20	Drill	Distance/Stroke	2	25	75%	1:20	0:10	1:40
<b>Pacing</b>			<u>3.5</u>				<u>0:42:21</u>	Main Set	Freestyle	1	200	80%	4:42	5:00	5:00
								<i>(or Interval)</i>							
<b>Day #2 -- SWIM</b>								<b>Day #5 -- RUN</b>							
Warm-Up	Warm-up	1	100	70%	2:51	1:00	3:51	Warm-Up	Warm-up	1	1.0	70%	13:34		13:34
Drill	Kick	2	25	90%	1:07	0:10	1:27	Pacing	Steady state	1	2.0	80%	23:45	1:00	24:45
Drill	Pull	2	25	85%	1:11	0:10	1:31	Warm-Down	Warm-down	1	0.5	60%	7:55		7:55
Main Set	Freestyle	1	100	80%	2:21	2:30	2:30	<b>Pacing</b>			<u>3.5</u>				<u>0:46:14</u>
Main Set	Freestyle	1	150	80%	3:32	3:45	3:45								
Main Set	Freestyle	1	200	80%	4:42	5:00	5:00	<b>Day #6 -- BIKE</b>							
Main Set	Freestyle	1	150	80%	3:32	3:45	3:45	Warm-up	Warm-up	1	3.4	85%	15:00		0:15:00
Main Set	Freestyle	1	100	80%	2:21	2:30	2:30	Steady State	90 cadence	2	3.4	85%	10:00	5:00	0:30:00
Drill	Sculling	1	25	75%	0:40	1:00	1:40	Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
Warm-Down	Warm-down	1	75	70%	2:09		2:09	<b>Steady State</b>			<u>11.3</u>				<u>0:50:00</u>
<b>Ladder</b>			<u>1000</u>		<u>24:25</u>		<u>28:07</u>	<b>#7 Rest Day</b>							
<b>Day #2 -- BIKE</b>															
Warm-up	Warm-up	1	0.9	70%	5:00		0:05:00								
Steady State	80 cadence	3	3.1	90%	10:00	3:00	0:39:00								
Warm-down	Warm-down	1	1.0	75%	5:00		0:05:00								
<b>Steady State</b>			<u>11.3</u>				<u>0:49:00</u>								

# Coconut Workouts

## Sprint Distance Triathlon



### RECOVERY

Workouts Prepared  
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**YOUR NAME HERE**  
August 1, 2019

### RECOVERY

#### Week's Objectives:

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

#### Week Totals:

**Swim:** 1850  
**Bike:** 21  
**Run:** 7  
**Hours:** 3:51

Swim Base (100 M) 2:00  
Bike Base (mph) 16.0  
Run Base (mile time) 9:30



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME		
<b>Day #1 -- RUN</b>								<b>Day #4 -- SWIM</b> <i>(or Interval)</i>									
Warm-Up	Warm-up	1	1.0	70%	13:34		13:34	Warm-Up	Warm-up	1	100	70%	2:51	1:00	3:51		
Racing	Fartlek	1	2.0	85%	22:21	1:00	23:21	Drill	Catch-up	1	25	75%	0:40	0:10	0:50		
Warm-Down	Warm-down	1	0.5	60%	7:55		7:55	Drill	Distance/Stroke	1	25	75%	0:40	0:10	0:50		
<b>Variety</b>		<b>Distance:</b>		<b>3.50</b>		<b>Total Time:</b>		<b>0:44:50</b>		Main Set	Freestyle	5	50	90%	5:16	1:07	5:33
<b>Day #2 -- SWIM</b> <i>(or Interval)</i>								Main Set	Freestyle	1	200	80%	4:42	5:00	5:00		
Warm-Up	Warm-up	1	100	70%	2:51	1:00	3:51	Main Set	Freestyle	5	50	90%	5:16	1:07	5:33		
Drill	Catch-up	1	25	75%	0:40	0:10	0:50	Drill	Sculling	1	25	75%	0:40	1:00	1:40		
Drill	Distance/Stroke	1	25	75%	0:40	0:10	0:50	Warm-Down	Warm-down	1	75	70%	2:09		2:09		
Drill	Turnover	1	25	100%	0:30	0:10	0:40	<b>4 Set Interval</b>		<b>Distance:</b>		<b>950</b>		<b>22:14 Total Time:</b>		<b>25:27</b>	
Drill	Combine All	1	25	100%	0:30	0:10	0:40	<b>Day #5 -- RUN</b>									
Main Set	Freestyle	2	200	80%	9:25	5:00	10:00	Warm-Up	Warm-up	1	0.5	70%	6:47		6:47		
Main Set	Freestyle	2	100	80%	4:42	2:30	5:00	Pacing	Steady state	1	2.0	80%	23:45	1:00	24:45		
Drill	Sculling	1	25	75%	0:40	1:00	1:40	Warm-Down	Warm-down	1	0.5	60%	7:55		7:55		
Warm-Down	Warm-down	1	75	70%	2:09		2:09	<b>Brick Day</b>		<b>Distance:</b>		<b>3.0</b>		<b>Total Time:</b>		<b>0:39:27</b>	
<b>2 Set Interval</b>		<b>Distance:</b>		<b>900</b>		<b>22:07 Total Time:</b>		<b>Day #6 -- BIKE</b>									
<b>Day #3 -- BIKE</b>								Warm-up	Warm-up	1	1.9	70%	10:00		0:10:00		
Warm-up	Warm-up	1	1.9	70%	10:00		0:10:00	Steady State	Spin	3	2.7	85%	10:00	2:00	0:36:00		
Chain Links	90 cadence	20	0.4	95%	1:00	0:30	0:30:00	Warm-down	Warm-down	1	1.0	75%	5:00		0:05:00		
Warm-down	Warm-down	1	0.9	70%	5:00		0:05:00	<b>Steady State</b>		<b>Distance:</b>		<b>11.0</b>		<b>Total Time:</b>		<b>0:51:00</b>	
<b>Links</b>		<b>Distance:</b>		<b>10.4</b>		<b>Total Time:</b>		<b>#7 Rest Day</b>									

# Coconut Workouts

## Sprint Distance Triathlon



TAPER

**Workouts Prepared**  
**Exclusively for**  
**YOUR NAME HERE**  
**August 1, 2019**

TAPER

**Week's Objectives:**

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

**Week Totals:**

**Swim:** 1650  
**Bike:** 23  
**Run:** 7  
**Hours:** 3:48

Swim Base (100 M) 2:00  
 Bike Base (mph) 16.0  
 Run Base (mile time) 9:30



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Day #1 -- RUN</b>							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	2.0	90%	21:07	1:00	22:07
Warm-Down	Warm-down	1	0.5	80%	5:56		5:56
<b>Pacing</b>			<b>Distance:</b>	3.5	<b>Total Time:</b>		0:39:55
<b>Day #2 -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	100	70%	2:51	1:00	3:51
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	3	50	80%	3:32	1:15	3:45
Main Set	Freestyle	3	100	80%	7:04	2:30	7:30
Drill	Sculling	1	25	75%	0:40	1:00	1:40
Warm-Down	Warm-down	1	75	75%	2:00		2:00
<b>2 Set Interval</b>			<b>Distance:</b>	750	18:27	<b>Total Time:</b> 21:46	
<b>Day #3 -- BIKE</b>							
Warm-up	Warm-up	1	2.1	80%	10:00		0:10:00
Steady State	Natural cadence	1	7.2	90%	30:00		0:30:00
Warm-down	Warm-down	1	2.1	80%	10:00		0:10:00
<b>Steady State</b>			<b>Distance:</b>	11.5	<b>Total Time:</b>		0:50:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Day #4 -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	150	70%	4:17	1:00	5:17
Drill	Catch-up	1	25	75%	0:40	0:10	0:50
Drill	Distance/Stroke	1	25	75%	0:40	0:10	0:50
Main Set	Freestyle	3	200	80%	14:07	5:00	15:00
Drill	Sculling	1	25	75%	0:40	1:00	1:40
Warm-Down	Warm-down	1	75	75%	2:00		2:00
<b>1 Set Interval</b>			<b>Distance:</b>	900	22:24	<b>Total Time:</b> 25:37	
<b>Day #5 -- RUN</b>							
Warm-Up	Warm-up	1	1.0	80%	11:52		11:52
Pacing	Steady state	1	2.0	90%	21:07	1:00	22:07
Warm-Down	Warm-down	1	0.5	80%	5:56		5:56
<b>Pacing</b>			<b>Distance:</b>	3.5	<b>Total Time:</b>		0:39:55
<b>Day #6 -- BIKE</b>							
Warm-up	Warm-up	1	2.1	80%	10:00		0:10:00
Steady State	Natural cadence	3	2.9	90%	10:00	2:00	0:36:00
Warm-down	Warm-down	1	1.1	80%	5:00		0:05:00
<b>Steady State</b>			<b>Distance:</b>	11.8	<b>Total Time:</b>		0:51:00
<b>#7 Rest Day</b>							