

Coconut Workouts

Half Full Distance Triathlon

Last BASE WEEK

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

Last BASE WEEK

Week's Objectives:

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

Week Totals:

Swim: 4700
Bike: 83
Run: 18
Hours: 11:21

Swim Base (100 M) 1:50
Bike Base (mph) 18.0
Run Base (mile time) 8:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	2.5	80%	27:21	1:00	28:21
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Pacing			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:47:06
Monday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	1	25	75%	0:37	0:10	0:47
Drill	Distance/Stroke	1	25	75%	0:37	0:10	0:47
Drill	Turnover	1	25	100%	0:28	0:10	0:38
Drill	Combine All	1	25	100%	0:28	0:10	0:38
Main Set	Freestyle	4	200	80%	17:15	4:35	18:20
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
1 Set Interval			<u>Distance:</u> 1450		33:43		<u>Total Time:</u> 37:27
Tuesday -- BIKE							
Warm-up	Warm-up	1	6.3	70%	30:00		0:30:00
Climb--Rollers	80 cadence	3	3.3	90%	10:00	3:27	0:40:21
Warm-down	Warm-down	1	1.1	70%	5:00		0:05:00
Climb Day			<u>Distance:</u> 17.4				<u>Total Time:</u> 1:15:21
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	3.0	80%	32:49	1:00	33:49
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Pacing			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:52:34
Wednesday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Main Set	Freestyle	6	150	80%	19:25	3:26	20:37
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
1 Set Interval			<u>Distance:</u> 1550		36:10		<u>Total Time:</u> 40:03

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	6.3	70%	30:00		0:30:00
Steady State	85 cadence	5	2.8	85%	10:00	1:00	0:55:00
Warm-down	Warm-down	1	1.2	80%	5:00		0:05:00
Pacing			<u>Distance:</u> 21.5				<u>Total Time:</u> 1:30:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Fartlek	Variable	1	3.0	80%	32:49	1:00	33:49
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Fartlek			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:52:34
Friday -- SWIM (or Interval)							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	2	25	100%	0:55	0:10	1:15
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Drill	Combine All	2	25	100%	0:55	0:10	1:15
Main Set	Freestyle	1	400	80%	8:38	9:10	9:10
Main Set	Freestyle	2	300	80%	12:56	6:53	13:45
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
2 Set Interval			<u>Distance:</u> 1700		38:56		<u>Total Time:</u> 43:17
Saturday -- BIKE							
Warm-up	Warm-up	1	2.1	70%	10:00		0:10:00
Steady State	90 cadence	1	8.9	85%	30:00	5:00	0:35:00
Warm-down	Warm-down	1	1.2	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 12.2				<u>Total Time:</u> 0:50:00
Saturday -- RUN							
Warm-Up	Warm-up	1	0.5	70%	6:15		6:15
Pacing	Steady state	1	4.0	80%	43:45	1:00	44:45
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Brick Day			<u>Distance:</u> 5.0				<u>Total Time:</u> 0:57:15
Sunday -- BIKE							
Warm-up	Warm-up	1	9.5	70%	45:00		0:45:00
Steady State	Spin	1	12.8	85%	45:00	5:00	0:50:00
Rolling Hills	85-90 Cadence	1	7.9	85%	30:00	1:00	0:31:00
Warm-down	Warm-down	1	2.1	70%	10:00		0:10:00
Steady & Rolling			<u>Distance:</u> 32.2				<u>Total Time:</u> 2:16:00

Coconut Workouts

Half 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: 88
Run: 20
Hours: 11:47

Swim Base (100 M) 1:50
Bike Base (mph) 18.0
Run Base (mile time) 8:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	3.0	80%	32:49	2:00	34:49
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Descending			Distance:	4.5	Total Time:		0:53:34
Monday -- SWIM <i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Drill	Turnover	2	25	100%	0:55	0:10	1:15
Drill	Combine All	2	25	100%	0:55	0:10	1:15
Main Set	Freestyle	1	100	80%	2:09	2:18	2:18
Main Set	Freestyle	1	200	80%	4:19	4:35	4:35
Main Set	Freestyle	1	300	80%	6:28	6:53	6:53
Main Set	Freestyle	1	200	90%	3:52	4:04	4:04
Main Set	Freestyle	1	100	90%	1:56	2:02	2:02
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
5 Set Ladder			Distance:	1650	Total Time:		41:47
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.1	70%	10:00		0:10:00
Climb--Rollers	80 cadence	2	1.7	90%	5:00	1:43	0:13:27
Climb--Rollers	90 cadence	2	1.7	90%	5:00	1:43	0:13:27
Climb--Rollers	80 cadence	2	1.7	90%	5:00	1:43	0:13:27
Climb--Rollers	70 cadence	2	1.7	90%	5:00	1:43	0:13:27
Warm-down	Warm-down	1	2.1	70%	10:00		0:10:00
"Flat" Climb Day			Distance:	17.5	Total Time:		1:13:48
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Fartlek	Variable	1	2.5	90%	24:18	1:00	25:18
Tempo	Steady State	1	1.0	85%	10:18	1:00	11:18
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Mash-up			Distance:	5.0	Total Time:		0:55:21
Wednesday -- SWIM <i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Drill	Turnover	2	25	100%	0:55	0:10	1:15
Drill	Combine All	2	25	100%	0:55	0:10	1:15
Main Set	Freestyle	5	200	80%	21:34	4:35	22:55
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
1 Set Interval			Distance:	1750	Total Time:		44:51

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	3.2	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	7.2	80%	30:00		0:30:00
Links			Distance:	21.8	Total Time:		1:25:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	3.0	80%	32:49	1:00	33:49
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Pacing			Distance:	4.5	Total Time:		0:52:34
Friday -- SWIM <i>(or Interval)</i>							
Warm-Up	Warm-up	1	200	70%	5:14	1:00	6:14
Main Set	Freestyle	4	50	90%	3:52	1:01	4:04
Main Set	Freestyle	4	300	80%	25:53	6:53	27:30
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	100	70%	2:37		2:37
2 Set Interval			Distance:	1750	Total Time:		42:39
Saturday -- BIKE							
Warm-up	Warm-up	1	2.1	70%	10:00		0:10:00
Steady State	90 cadence	1	13.5	90%	45:00	5:00	0:50:00
Warm-down	Warm-down	1	1.2	80%	5:00		0:05:00
Brick Day			Distance:	16.8	Total Time:		1:05:00
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	4.0	90%	38:53	1:00	39:53
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Brick Day			Distance:	5.5	Total Time:		0:58:38
Sunday -- BIKE							
Warm-up	Warm-up	1	6.3	70%	30:00		0:30:00
Speed	90 cadence	1	0.5	90%	1:00	1:00	0:02:00
Speed	90 cadence	1	0.8	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	1.6	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	0.8	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	3.0	90%	1:00	10:00	0:11:00
Steady State	85 cadence	1	11.0	80%	45:00	1:00	0:46:00
Warm-down	Warm-down	1	3.2	70%	15:00		0:15:00
Ladder-Steady			Distance:	32.1	Total Time:		2:14:00

Coconut Workouts

Half Full Distance Triathlon

RECOVERY WEEK Phase 1

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

RECOVERY WEEK Phase 1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	5000
Bike:	71
Run:	18
Hours:	10:25
Swim Base (100 M)	1:50
Bike Base (mph)	18.0
Run Base (mile time)	8:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	3.0	75%	35:00	1:00	36:00
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Pacing			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:54:45
<i>(or Interval)</i>							
Monday -- SWIM							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Main Set	Freestyle	2	300	80%	12:56	6:53	13:45
Main Set	Freestyle	2	200	85%	8:09	4:19	8:38
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
Down Distance w/Speed			<u>Distance:</u> 1650		<u>37:51</u>		<u>Total Time:</u> 41:48
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.1	70%	10:00		0:10:00
Steady State	90 cadence	3	2.8	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	2.4	80%	10:00		0:10:00
Steady State			<u>Distance:</u> 12.9				<u>Total Time:</u> 0:53:00
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Recovery	Easy	1	3.0	70%	37:30	0:00	37:30
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Recovery			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:56:15
<i>(or Interval)</i>							
Wednesday -- SWIM							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Main Set	Freestyle	3	400	85%	24:27	8:38	25:53
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	200	70%	5:14		5:14
1 Set Interval			<u>Distance:</u> 1800		<u>39:54</u>		<u>Total Time:</u> 44:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.1	70%	10:00		0:10:00
Mix	Spin & Climb	1	11.0	80%	45:00	1:00	0:46:00
Warm-down	Warm-down	1	1.1	75%	5:00		0:05:00
Rolling Hills			<u>Distance:</u> 14.3				<u>Total Time:</u> 1:01:00
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	3.0	80%	32:49	2:00	34:49
Warm-Down	Warm-down	1	0.5	70%	6:15		6:15
Steady State			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:53:34
<i>(or Interval)</i>							
Friday -- SWIM							
Warm-Up	Warm-up	1	200	70%	5:14	1:00	6:14
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Main Set	Freestyle	1	500	85%	10:11	10:47	10:47
Main Set	Freestyle	5	100	90%	9:39	2:02	10:11
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	200	70%	5:14		5:14
2 Set Reverse Interval			<u>Distance:</u> 1550		<u>33:59</u>		<u>Total Time:</u> 37:47
Saturday -- BIKE							
Warm-up	Warm-up	1	2.1	70%	10:00		0:10:00
Steady State	90 cadence	4	4.6	90%	15:00	2:00	1:08:00
Warm-down	Warm-down	1	1.2	80%	5:00		0:05:00
Brick Day			<u>Distance:</u> 21.7				<u>Total Time:</u> 1:23:00
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	2.0	80%	21:52	2:00	23:52
Warm-Down	Warm-down	1	1.0	70%	12:30		12:30
Brick Day			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:48:53
Sunday -- BIKE							
Warm-up	Warm-up	1	2.1	70%	10:00		0:10:00
Steady State	90 cadence	1	19.4	85%	75:00	1:00	1:16:00
Warm-down	Warm-down	1	1.1	75%	5:00		0:05:00
Steady State			<u>Distance:</u> 22.6				<u>Total Time:</u> 1:31:00

Coconut Workouts

Half Full Distance Triathlon



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YOUR NAME HERE
August 1, 2019

TAPER WEEK -1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	5550
Bike:	105
Run:	23
Hours:	13:29
Swim Base (100 M)	1:50
Bike Base (mph)	18.0
Run Base (mile time)	8:45

TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	2.0	75%	23:20	1:00	24:20
Pacing	Steady state	1	1.0	90%	9:43	3:00	12:43
Warm-Down	Warm-down	1	1.0	70%	12:30		12:30
Descending			<u>Distance:</u>		<u>5.0</u>		<u>Total Time:</u>
							<u>1:02:03</u>
<i>(or Interval)</i>							
Monday -- SWIM							
Warm-Up	Warm-up	1	150	70%	3:56	1:00	4:56
Drill	Catch-up	3	25	75%	1:50	0:10	2:20
Drill	Distance/Stroke	3	25	75%	1:50	0:10	2:20
Drill	Turnover	3	25	100%	1:23	0:10	1:53
Drill	Combine All	3	25	100%	1:23	0:10	1:53
Main Set	Freestyle	3	300	85%	18:20	6:28	19:25
Main Set	Freestyle	3	100	95%	5:30	1:56	5:47
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	200	70%	5:14		5:14
Reverse Intervals Mix			<u>Distance:</u>		<u>1900</u>	<u>40:38</u>	<u>Total Time:</u>
							<u>46:00</u>
Tuesday -- BIKE							
Warm-up	Warm-up	1	7.2	80%	30:00		0:30:00
Climb--Rollers	70 cadence	1	2.7	90%	8:00	2:46	0:10:46
Climb--Rollers	80 cadence	1	2.7	90%	8:00	2:46	0:10:46
Climb--Rollers	90 cadence	1	2.7	95%	8:00	2:46	0:10:46
Climb--Rollers	80 cadence	1	2.7	95%	8:00	2:46	0:10:46
Climb--Rollers	70 cadence	1	2.7	95%	8:00	2:46	0:10:46
Warm-down	Warm-down	1	3.4	75%	15:00		0:15:00
Climb Day			<u>Distance:</u>		<u>23.9</u>		<u>Total Time:</u>
							<u>1:38:48</u>
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Fartlek	Variable	1	3.0	90%	29:10	1:00	30:10
Warm-Down	Warm-down	1	1.0	70%	12:30		12:30
Mash-up			<u>Distance:</u>		<u>5.0</u>		<u>Total Time:</u>
							<u>0:55:10</u>
<i>(or Interval)</i>							
Wednesday -- SWIM							
Warm-Up	Warm-up	1	200	70%	5:14	1:00	6:14
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Drill	Turnover	2	25	100%	0:55	0:10	1:15
Drill	Combine All	2	25	100%	0:55	0:10	1:15
Main Set	Freestyle	2	200	85%	8:09	4:19	8:38
Main Set	Freestyle	1	400	85%	8:09	8:38	8:38
Main Set	Freestyle	2	200	85%	8:09	4:19	8:38
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
3 Set Reverse Intervals Mix			<u>Distance:</u>		<u>1900</u>	<u>41:44</u>	<u>Total Time:</u>
							<u>46:30</u>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	7.2	80%	30:00		0:30:00
Big Gear	80 cadence	1	6.2	90%	20:00	3:00	0:23:00
Bigger Gear	70 cadence	1	4.9	90%	15:00	3:00	0:18:00
Biggest Gear	60 cadence	1	3.5	90%	10:00	3:00	0:13:00
Warm-down	Warm-down	1	3.6	80%	15:00		0:15:00
Flat Climbs			<u>Distance:</u>		<u>25.4</u>		<u>Total Time:</u>
							<u>1:39:00</u>
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	3.0	85%	30:53	1:00	31:53
Warm-Down	Warm-down	1	1.0	75%	11:40		11:40
Pacing			<u>Distance:</u>		<u>5.0</u>		<u>Total Time:</u>
							<u>0:56:03</u>
<i>(or Interval)</i>							
Friday -- SWIM							
Warm-Up	Warm-up	1	250	70%	6:33	1:00	7:33
Drill	Catch-up	2	25	75%	1:13	0:10	1:33
Drill	Distance/Stroke	2	25	75%	1:13	0:10	1:33
Drill	Turnover	2	25	100%	0:55	0:10	1:15
Drill	Combine All	2	25	100%	0:55	0:10	1:15
Main Set	Freestyle	1	300	85%	6:07	6:28	6:28
Main Set	Freestyle	2	200	80%	8:38	4:35	9:10
Main Set	Freestyle	3	100	95%	5:30	1:56	5:47
Drill	Sculling	1	50	75%	1:13	1:00	2:13
Warm-Down	Warm-down	1	250	70%	6:33		6:33
3 Set Mix Speed Up			<u>Distance:</u>		<u>1750</u>	<u>38:50</u>	<u>Total Time:</u>
							<u>0:43:21</u>
Saturday -- BIKE							
Warm-up	Warm-up	1	4.2	70%	20:00		0:20:00
Chain Links	90 cadence	5	2.3	95%	5:00	3:00	0:40:00
Steady State	90 cadence	1	8.1	90%	30:00		0:30:00
Warm-down	Warm-down	1	1.2	80%	5:00		0:05:00
Brick Day			<u>Distance:</u>		<u>24.9</u>		<u>Total Time:</u>
							<u>1:35:00</u>
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	12:30		12:30
Pacing	Steady state	1	4.0	85%	0:41:11	1:00	42:11
Fartlek	Variable	1	2.0	90%	19:27	1:00	20:27
Warm-Down	Warm-down	1	0.5	60%	7:17		7:17
Brick Day			<u>Distance:</u>		<u>7.5</u>		<u>Total Time:</u>
							<u>1:22:25</u>
Sunday -- BIKE							
Warm-up	Warm-up	1	10.8	80%	0:45:00		0:45:00
Steady State	85-90 cadence	1	9.5	90%	0:30:00	5:00	0:35:00
Rolling Climbs	85-90 cadence	1	7.7	85%	0:30:00		0:30:00
Warm-down	Warm-down	1	3.4	75%	15:00		0:15:00
Ladder-Steady & Rolling			<u>Distance:</u>		<u>31.3</u>		<u>Total Time:</u>
							<u>2:05:00</u>