

Coconut Workouts

Standard Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- 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
Main Set	Freestyle	1	300	80%	6:11	6:34	6:34
Main Set	Freestyle	1	200	85%	3:53	4:07	4:07
Main Set	Freestyle	1	100	90%	1:51	1:57	1:57
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
Down Distance w/Speed			Distance: 1250		27:54	Total Time:	31:17

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Climb--Rollers	80 cadence	4	3.2	85%	8:00	3:06	0:44:23
Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Climb Day			Distance: 17.8			Total Time:	1:04:23

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Pacing	Steady state	1	2.5	75%	23:20	1:00	24:20
Warm-Down	Warm-down	1	1.0	60%	11:40		11:40
Pacing			Distance: 4.5			Total Time:	0:46:00

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>