

# Coconut Workouts

## IM Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Drill	Distance/Stroke	2	25	75%	1:00	0:10	1:20
Drill	Turnover	2	25	100%	0:45	0:10	1:05
Drill	Combine All	2	25	100%	0:45	0:10	1:05
Main Set	Freestyle	1	500	80%	8:49	9:22	9:22
Main Set	Freestyle	3	300	85%	15:00	5:18	15:53
Main Set	Freestyle	5	100	90%	7:54	1:40	8:20
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
<b>3 Set Interval</b>			<b>Distance:</b> 2400		<b>41:39</b>	<b>Total Time:</b>	<b>46:31</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- BIKE</b>							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
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	1.7	100%	4:00	1:00	0:05:00
Speed	90 cadence	1	2.0	100%	5:00	1:00	0:06:00
Speed	90 cadence	1	1.7	100%	4:00	1:00	0:05:00
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	85 cadence	1	11.2	80%	41:00	1:00	0:42:00
Warm-down	Warm-down	1	1.3	75%	5:00		0:05:00
<b>Stair-Step-Steady</b>			<b>Distance:</b> 26.1			<b>Total Time:</b>	<b>1:31:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Steady State	Variable	1	5.0	90%	36:07	1:00	37:07
Warm-Down	Warm-down	1	1.0	70%	9:17		9:17
<b>Steady State</b>			<b>Distance:</b> 7.0			<b>Total Time:</b>	<b>0:55:41</b>

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>