

# Coconut Workouts

## Standard Distance Triathlon



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

### BASE WEEK 15

#### Week's Objectives:

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

#### Week Totals:

Swim: 3750  
Bike: 82  
Run: 16  
Hours: 7:28

Swim Base (100 M) 1:25  
Bike Base (mph) 24.5  
Run Base (mile time) 6:00

### BASE WEEK 15

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	2.0	80%	15:00	1:00	16:00
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Pacing</b>			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:29:34
<b>Monday -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	100	70%	2:01	1:00	3:01
Drill	Catch-up	1	25	75%	0:28	0:10	0:38
Drill	Distance/Stroke	1	25	75%	0:28	0:10	0:38
Drill	Turnover	1	25	100%	0:21	0:10	0:31
Drill	Combine All	1	25	100%	0:21	0:10	0:31
Main Set	Freestyle	4	200	80%	13:20	3:33	14:10
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>1 Set Interval</b>			<u>Distance:</u> 1150		19:59		<u>Total Time:</u> 23:29
<b>Tuesday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Climb--Rollers	80 cadence	2	5.5	90%	10:00	4:39	0:29:18
Warm-down	Warm-down	1	2.9	70%	10:00		0:10:00
<b>Climb Day</b>			<u>Distance:</u> 16.7				<u>Total Time:</u> 0:49:18
<b>Wednesday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	2.0	80%	15:00	1:00	16:00
Warm-Down	Warm-down	1	0.5	70%	4:17		4:17
<b>Pacing</b>			<u>Distance:</u> 3.5				<u>Total Time:</u> 0:28:51
<b>Wednesday -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	150	70%	3:02	1:00	4:02
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Main Set	Freestyle	6	150	80%	15:00	2:39	15:56
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>1 Set Interval</b>			<u>Distance:</u> 1300		22:54		<u>Total Time:</u> 26:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- BIKE</b>							
Warm-up	Warm-up	1	1.4	70%	5:00		0:05:00
Steady State	85 cadence	4	3.8	85%	10:00	1:00	0:44:00
Warm-down	Warm-down	1	1.6	80%	5:00		0:05:00
<b>Pacing</b>			<u>Distance:</u> 18.3				<u>Total Time:</u> 0:54:00
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Fartlek	Variable	1	3.0	80%	22:30	1:00	23:30
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Fartlek</b>			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:37:04
<b>Friday -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	150	70%	3:02	1:00	4:02
Main Set	Freestyle	1	400	80%	6:40	7:05	7:05
Main Set	Freestyle	2	300	80%	10:00	5:19	10:37
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>2 Set Interval</b>			<u>Distance:</u> 1300		22:40		<u>Total Time:</u> 25:43
<b>Saturday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	90 cadence	1	12.1	85%	30:00	5:00	0:35:00
Warm-down	Warm-down	1	1.6	80%	5:00		0:05:00
<b>Brick Day</b>			<u>Distance:</u> 16.6				<u>Total Time:</u> 0:50:00
<b>Saturday -- RUN</b>							
Warm-Up	Warm-up	1	0.5	70%	4:17		4:17
Pacing	Steady state	1	3.0	80%	22:30	1:00	23:30
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Brick Day</b>			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:32:47
<b>Sunday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	Spin	1	26.4	85%	1:15:00	1:00	1:16:00
Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00
<b>Steady State</b>			<u>Distance:</u> 30.7				<u>Total Time:</u> 1:31:00

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## Standard Distance Triathlon



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August 1, 2019

### BUILD Phase-1 Week 1

<b>Week's Objectives:</b>	
1.)	
2.)	
3.)	
<b>Week Totals:</b>	
Swim:	4100
Bike:	87
Run:	16
Hours:	7:44
Swim Base (100 M)	1:25
Bike Base (mph)	24.5
Run Base (mile time)	6:00

### BUILD Phase-1 Week 1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	2.0	80%	15:00	2:00	17:00
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Pacing</b>			<u>Distance:</u>	3.5	<b>Total Time:</b>		0:30:34

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	200	70%	4:03	1:00	5:03
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Drill	Turnover	2	25	100%	0:43	0:10	1:03
Drill	Combine All	2	25	100%	0:43	0:10	1:03
Main Set	Freestyle	2	200	80%	6:40	3:33	7:05
Main Set	Freestyle	3	100	90%	4:28	1:34	4:43
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	200	70%	4:03		4:03
<b>2 Set Interval</b>			<u>Distance:</u>	1350	<b>Total Time:</b>		27:29

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Climb--Rollers	80 cadence	1	2.8	90%	5:00	2:19	0:07:19
Climb--Rollers	90 cadence	1	2.8	90%	5:00	2:19	0:07:19
Climb--Rollers	80 cadence	1	2.8	90%	5:00	2:19	0:07:19
Climb--Rollers	70 cadence	1	2.8	90%	5:00	2:19	0:07:19
Warm-down	Warm-down	1	2.9	70%	10:00		0:10:00
<b>"Flat" Climb Day</b>			<u>Distance:</u>	16.7	<b>Total Time:</b>		0:49:18

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Wednesday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Fartlek	Variable	1	2.0	90%	13:20	1:00	14:20
Tempo	Steady State	1	1.0	85%	7:04	1:00	8:04
Warm-Down	Warm-down	1	0.5	70%	4:17		4:17
<b>Mash-up</b>			<u>Distance:</u>	4.5	<b>Total Time:</b>		0:35:15

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Wednesday -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	200	70%	4:03	1:00	5:03
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Drill	Turnover	2	25	100%	0:43	0:10	1:03
Drill	Combine All	2	25	100%	0:43	0:10	1:03
Main Set	Freestyle	4	200	75%	14:10	3:47	15:07
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>1 Set Interval</b>			<u>Distance:</u>	1350	<b>Total Time:</b>		28:46

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- BIKE</b>							
Warm-up	Warm-up	1	1.4	70%	5:00		0:05:00
Chain Links	90 cadence	20	0.8	95%	1:00	1:00	0:40:00
Warm-down	Warm-down	1	3.3	80%	10:00		0:10:00
<b>Chain Links Speed Day</b>			<u>Distance:</u>	20.2	<b>Total Time:</b>		0:55:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	3.0	80%	22:30	1:00	23:30
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Pacing</b>			<u>Distance:</u>	4.5	<b>Total Time:</b>		0:37:04

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	200	70%	4:03	1:00	5:03
Main Set	Freestyle	3	50	90%	2:14	0:47	2:22
Main Set	Freestyle	3	300	80%	15:00	5:19	15:56
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>2 Set Interval</b>			<u>Distance:</u>	1400	<b>Total Time:</b>		27:19

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	90 cadence	1	18.4	90%	45:00	5:00	0:50:00
Warm-down	Warm-down	1	1.6	80%	5:00		0:05:00
<b>Brick Day</b>			<u>Distance:</u>	22.9	<b>Total Time:</b>		1:05:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	2.0	90%	13:20	1:00	14:20
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Brick Day</b>			<u>Distance:</u>	3.5	<b>Total Time:</b>		0:27:54

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Speed	90 cadence	1	0.7	90%	1:00	1:00	0:02:00
Speed	90 cadence	1	1.1	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.5	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.8	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	2.2	90%	5:00	1:00	0:06:00
Speed	90 cadence	1	1.8	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	1.5	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.1	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	0.7	90%	1:00	1:00	0:02:00
Steady State	85 cadence	1	10.5	80%	31:00	1:00	0:32:00
Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00
<b>Stair-Step-Steady</b>			<u>Distance:</u>	27.2	<b>Total Time:</b>		1:21:00

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### RECOVERY WEEK Phase 1

<b>Week's Objectives:</b>	
1.)	
2.)	
3.)	
<b>Week Totals:</b>	
Swim:	3600
Bike:	79
Run:	14
Hours:	7:08
Swim Base (100 M):	1:25
Bike Base (mph):	24.5
Run Base (mile time):	6:00

### RECOVERY WEEK Phase 1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	2.0	75%	16:00	1:00	17:00
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Pacing</b>			<u>Distance:</u> 3.5			<u>Total Time:</u> 0:30:34	
<i>(or Interval)</i>							
<b>Monday -- SWIM</b>							
Warm-Up	Warm-up	1	250	70%	5:04	1:00	6:04
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Main Set	Freestyle	1	300	80%	5:00	5:19	5:19
Main Set	Freestyle	1	200	85%	3:09	3:20	3:20
Main Set	Freestyle	1	100	90%	1:29	1:34	1:34
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	250	70%	5:04		5:04
<b>Down Distance w/Speed</b>			<u>Distance:</u> 1250		<u>22:36</u>	<u>Total Time:</u> 25:50	
<b>Tuesday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	90 cadence	3	3.8	85%	10:00	1:00	0:33:00
Warm-down	Warm-down	1	3.3	80%	10:00		0:10:00
<b>Steady State</b>			<u>Distance:</u> 17.6			<u>Total Time:</u> 0:53:00	
<b>Wednesday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Recovery	Easy	1	2.0	70%	17:09	0:00	17:09
Warm-Down	Warm-down	1	0.5	70%	4:17		4:17
<b>Recovery</b>			<u>Distance:</u> 3.5			<u>Total Time:</u> 0:30:00	
<i>(or Interval)</i>							
<b>Wednesday -- SWIM</b>							
Warm-Up	Warm-up	1	150	70%	3:02	1:00	4:02
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Main Set	Freestyle	4	200	85%	12:36	3:20	13:20
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>1 Set Interval</b>			<u>Distance:</u> 1200		<u>20:29</u>	<u>Total Time:</u> 23:54	

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Mix	Spin & Climb	1	15.0	80%	45:00	1:00	0:46:00
Warm-Down	Warm-down	1	1.5	75%	5:00		0:05:00
<b>Rolling Hills</b>			<u>Distance:</u> 19.4			<u>Total Time:</u> 1:01:00	
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	2.0	80%	15:00	2:00	17:00
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Steady State</b>			<u>Distance:</u> 3.5			<u>Total Time:</u> 0:30:34	
<i>(or Interval)</i>							
<b>Friday -- SWIM</b>							
Warm-Up	Warm-up	1	150	70%	3:02	1:00	4:02
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Main Set	Freestyle	2	200	85%	6:18	3:20	6:40
Main Set	Freestyle	2	100	90%	2:59	1:34	3:09
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	250	70%	5:04		5:04
<b>2 Set Interval</b>			<u>Distance:</u> 1150		<u>20:12</u>	<u>Total Time:</u> 23:25	
<b>Saturday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	90 cadence	2	6.2	90%	15:00	2:00	0:34:00
Warm-down	Warm-down	1	1.6	80%	5:00		0:05:00
<b>Brick Day</b>			<u>Distance:</u> 17.0			<u>Total Time:</u> 0:49:00	
<b>Saturday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	1.0	80%	7:30	2:00	9:30
Warm-Down	Warm-down	1	1.0	70%	8:34		8:34
<b>Brick Day</b>			<u>Distance:</u> 3.0			<u>Total Time:</u> 0:26:39	
<b>Sunday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	90 cadence	5	4.2	85%	11:00	1:00	1:00:00
Warm-down	Warm-down	1	1.5	75%	5:00		0:05:00
<b>Steady State</b>			<u>Distance:</u> 25.2			<u>Total Time:</u> 1:15:00	

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August 1, 2019

### RACE 1 TAPER WEEK -1

#### Week's Objectives:

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

#### Week Totals:

**Swim:** 5000  
**Bike:** 92  
**Run:** 18  
**Hours:** 8:20

Swim Base (100 M) 1:25  
Bike Base (mph) 24.5  
Run Base (mile time) 6:00

### RACE 1 TAPER WEEK -1

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	3.0	80%	22:30	1:00	23:30
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Pacing</b>			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:37:04
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	5:04	1:00	6:04
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Drill	Turnover	2	25	100%	0:43	0:10	1:03
Drill	Combine All	2	25	100%	0:43	0:10	1:03
Main Set	Freestyle	1	300	80%	5:00	5:19	5:19
Main Set	Freestyle	2	200	90%	5:58	3:09	6:18
Main Set	Freestyle	3	100	95%	4:15	1:29	4:28
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	250	70%	5:04		5:04
<b>Down Distance w/Speed</b>			<u>Distance:</u> 1750		29:35		<u>Total Time:</u> 33:47
<b>Tuesday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Climb	70 -- 90 cadence	1	7.8	95%	20:00		0:20:00
Descend	coast to spin-out	1	7.8	100%		0:13:07	0:13:07
Warm-down	Warm-down	1	2.9	70%	10:00		0:10:00
<b>Rolling Hills</b>			<u>Distance:</u> 21.2				<u>Total Time:</u> 0:53:07
<b>Wednesday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Fartlek	Variable	1	2.0	90%	13:20	1:00	14:20
Recovery	Easy	1	0.5	70%	4:17	0:00	4:17
Tempo	Steady State	1	1.0	85%	7:04	1:00	8:04
Warm-Down	Warm-down	1	0.5	70%	4:17		4:17
<b>Mash-up</b>			<u>Distance:</u> 5.0				<u>Total Time:</u> 0:39:32
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	5:04	1:00	6:04
Drill	Catch-up	2	25	75%	0:57	0:10	1:17
Drill	Distance/Stroke	2	25	75%	0:57	0:10	1:17
Drill	Turnover	2	25	100%	0:43	0:10	1:03
Drill	Combine All	2	25	100%	0:43	0:10	1:03
Main Set	Freestyle	4	200	85%	12:36	3:20	13:20
Main Set	Freestyle	2	100	100%	2:42	1:25	2:50
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	100	70%	2:01		2:01
<b>2 Set Interval</b>			<u>Distance:</u> 1600		26:37		<u>Total Time:</u> 30:50

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	85 cadence	2	4.5	85%	12:00	1:00	0:26:00
Steady State	90 cadence	2	3.5	95%	8:00	1:00	0:18:00
Warm-down	Warm-down	1	3.3	80%	10:00		0:10:00
<b>Push Fast</b>			<u>Distance:</u> 22.1				<u>Total Time:</u> 1:04:00
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	1.0	70%	8:34	1:00	9:34
Pacing	Steady state	1	2.0	90%	13:20	3:00	16:20
Warm-Down	Warm-down	1	0.5	60%	5:00		5:00
<b>Dist/Speed Up</b>			<u>Distance:</u> 4.5				<u>Total Time:</u> 0:39:29
<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	5:04	1:00	6:04
Main Set	Freestyle	4	50	90%	2:59	0:47	3:09
Main Set	Freestyle	1	300	80%	5:00	5:19	5:19
Main Set	Freestyle	2	200	85%	6:18	3:20	6:40
Main Set	Freestyle	3	100	95%	4:15	1:29	4:28
Drill	Sculling	1	50	75%	0:57	1:00	1:57
Warm-Down	Warm-down	1	150	70%	3:02		3:02
<b>Up Reps w/Speed</b>			<u>Distance:</u> 1650		27:34		<u>Total Time:</u> 30:38
<b>Saturday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Steady State	90 cadence	5	3.3	90%	7:00	2:00	0:45:00
Warm-down	Warm-down	1	1.6	80%	5:00		0:05:00
<b>Brick Day</b>			<u>Distance:</u> 21.0				<u>Total Time:</u> 1:00:00
<b>Saturday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	8:34		8:34
Pacing	Steady state	1	1.0	85%	7:04	2:00	9:04
Pacing	Steady state	1	1.0	95%	6:19	2:00	8:19
Warm-Down	Warm-down	1	1.0	70%	8:34		8:34
<b>Brick Day</b>			<u>Distance:</u> 4.0				<u>Total Time:</u> 0:34:31
<b>Sunday -- BIKE</b>							
Warm-up	Warm-up	1	2.9	70%	10:00		0:10:00
Speed	90 cadence	3	4.3	95%	8:00	3:00	0:33:00
Speed	90 cadence	1	0.8	100%	1:00	1:00	0:02:00
Speed	90 cadence	1	1.2	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.6	100%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.2	100%	2:00	1:00	0:03:00
Speed	90 cadence	1	0.8	100%	1:00	1:00	0:02:00
Steady State	90 cadence	1	5.2	80%	15:00	1:00	0:16:00
Warm-down	Warm-down	1	1.4	70%	5:00		0:05:00
<b>Stair-Step-Steady</b>			<u>Distance:</u> 28.0				<u>Total Time:</u> 1:18:00