

Coconut Workouts

Standard Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- SWIM						(or Interval)	
Warm-Up	Warm-up	1	150	70%	3:45	1:00	4:45
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	1	300	80%	6:11	6:34	6:34
Main Set	Freestyle	2	200	90%	7:22	3:53	7:47
Main Set	Freestyle	3	100	95%	5:15	1:51	5:32
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
Down Distance w/Speed			Distance: 1500		30:18	Total Time:	34:42

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	85 cadence	2	3.1	85%	10:00	1:00	0:22:00
Steady State	90 cadence	3	2.2	95%	5:00	2:00	0:21:00
Warm-down	Warm-down	1	2.7	80%	10:00		0:10:00
Push Fast			Distance: 17.9			Total Time:	1:03:00

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	80%	21:52	1:00	22:52
Warm-Down	Warm-down	1	0.5	60%	5:50		5:50
Pacing			Distance: 4.0			Total Time:	0:38:42

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>