

# Coconut Workouts

## IM Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- SWIM						(or Interval)	
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
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	5	200	80%	17:39	3:45	18:45
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	200	70%	4:17		4:17
2 Set Interval			Distance: 2200		39:41	Total Time:	0:44:34

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- BIKE							
Warm-up	Warm-up	1	5.1	70%	20:00		0:20:00
Chain Links	90 cadence	8	2.1	95%	5:00	1:00	0:48:00
Steady State	90 cadence	1	6.6	90%	20:00		0:20:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Short Speed			Distance: 29.9			Total Time:	1:33:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	5.0	85%	0:38:14	1:00	39:14
Fartlek	Variable	1	4.0	90%	28:53	1:00	29:53
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Mixed Runs			Distance: 10.5			Total Time:	1:23:50

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>