

# Coconut Workouts

## Standard Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- SWIM</b>						(or Interval)	
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
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	5	200	75%	21:52	4:40	23:20
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
<b>1 Set Interval</b>			<b>Distance:</b> 1600		35:52	<b>Total Time:</b>	40:40

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- BIKE</b>							
Warm-up	Warm-up	1	1.2	70%	5:00		0:05:00
Steady State	85 cadence	7	3.1	85%	10:00	1:00	1:17:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
<b>Pacing</b>			<b>Distance:</b> 24.3			<b>Total Time:</b>	1:27:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Fartlek	Variable	1	2.0	90%	15:33	1:00	16:33
Recovery	Easy	1	0.5	70%	5:00	0:00	5:00
Tempo	Steady State	1	2.0	85%	16:28	1:00	17:28
Warm-Down	Warm-down	1	0.5	70%	5:00		5:00
<b>Mash-up</b>			<b>Distance:</b> 6.0			<b>Total Time:</b>	0:54:02

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>