

Coconut Workouts

Standard Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- SWIM						(or Interval)	
Warm-Up	Warm-up	1	150	70%	3:45	1:00	4:45
Main Set	Freestyle	1	300	80%	6:11	6:34	6:34
Main Set	Freestyle	1	200	85%	3:53	4:07	4:07
Main Set	Freestyle	1	100	90%	1:51	1:57	1:57
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
4 Set Interval			Distance:		900	19:19	Total Time: 22:02

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	90 cadence	3	5.7	85%	15:00	5:00	1:00:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Steady State			Distance:		20.7		Total Time: 1:15:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- RUN							
Warm-Up	Warm-up	1	0.5	70%	5:00		5:00
Pacing	Steady state	1	3.0	80%	26:15	1:00	27:15
Warm-Down	Warm-down	1	0.5	60%	5:50		5:50
Pacing			Distance:		4.0		Total Time: 0:38:05

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>