

Coconut Workouts

Standard Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- SWIM						(or Interval)	
Warm-Up	Warm-up	1	100	70%	2:30	1:00	3:30
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	8	75	80%	12:21	1:38	13:07
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
1 Set Interval			Distance:		20:34	Total Time:	24:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- BIKE							
Warm-up	Warm-up	1	2.3	70%	10:00		0:10:00
Steady State	Spin	3	4.0	85%	12:00	2:00	0:42:00
Warm-down	Warm-down	1	1.3	75%	5:00		0:05:00
Steady State			Distance:			Total Time:	0:57:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	10:00		10:00
Pacing	Steady state	2	1.0	85%	16:28	1:00	18:28
Warm-Down	Warm-down	1	0.5	60%	5:50		5:50
Pacing			Distance:			Total Time:	0:34:18

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>