

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	2	200	80%	8:14	4:23	8:45
Main Set	Freestyle	2	100	80%	4:07	2:11	4:23
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: 1200		25:57	Total Time:	29:06

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	4	5.7	85%	15:00	5:00	1:20:00
Warm-down	Warm-down	1	1.3	80%	5:00		0:05:00
Steady State			Distance: 26.3			Total Time:	1:35:00

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	5.0	80%	43:45	1:00	44:45
Warm-Down	Warm-down	1	0.5	60%	5:50		5:50
Pacing			Distance: 6.0			Total Time:	0:55:35

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>