

# Coconut Workouts

## IM Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- SWIM						(or Interval)	
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
Drill	Distance/Stroke	2	25	75%	1:00	0:10	1:20
Main Set	Freestyle	3	300	80%	15:53	5:37	16:52
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
1 Set Interval			Distance: 1350		25:19	Total Time:	28:58

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	Spin	3	6.9	85%	20:00	2:00	1:06:00
Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00
Steady State			Distance: 24.5			Total Time:	1:21:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	3.5	80%	28:26	1:00	29:26
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Pacing			Distance: 5.0			Total Time:	0:43:22

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>