

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Recovery THUR

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- SWIM							<i>(or Interval)</i>
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	6	100	80%	11:15	1:52	11:15
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
1 Set Interval			Distance: 1000		19:36	Total Time:	22:16

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Big Gear	80 cadence	2	1.3	80%	10:00	3:00	0:26:00
Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00
Big Gear Day			Distance: 7.7			Total Time:	0:46:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	1.5	80%	12:11	2:00	14:11
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Steady State			Distance: 3.0			Total Time:	0:28:53

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>