

Coconut Workouts

Sprint Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	200	70%	4:17	1:00	5:17
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
Drill	Distance/Stroke	2	25	75%	1:00	0:10	1:20
Drill	Turnover	2	25	100%	0:45	0:10	1:05
Drill	Combine All	2	25	100%	0:45	0:10	1:05
Main Set	Freestyle	2	200	75%	7:30	4:00	8:00
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: 950		18:26	Total Time:	22:16

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Climb	70 -- 90 cadence	1	5.2	95%	15:00		0:15:00
Descend	coast to spin-out	1	5.2	100%		0:09:30	0:09:30
Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00
Rolling Hills			Distance: 15.6			Total Time:	0:44:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	1.0	90%	7:13	1:00	8:13
Recovery	Easy	1	0.5	70%	4:39	0:00	4:39
Tempo	Steady State	1	1.0	85%	7:39	1:00	8:39
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Mash-up			Distance: 4.0			Total Time:	0:35:26

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>