

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Base Monday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Drill	Catch-up	1	25	75%	0:30	0:10	0:40
Drill	Distance/Stroke	1	25	75%	0:30	0:10	0:40
Drill	Turnover	1	25	100%	0:23	0:10	0:33
Drill	Combine All	1	25	100%	0:23	0:10	0:33
Main Set	Freestyle	1	300	80%	5:18	5:37	5:37
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:	700		13:24	Total Time: 16:24

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Climb--Rollers	80 cadence	1	4.7	90%	10:00	4:15	0:14:15
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Climb Day			Distance:	10.2			Total Time: 0:34:15

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	1.0	80%	8:07	1:00	9:07
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Pacing			Distance:	2.5			Total Time: 0:23:50

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>