

# Coconut Workouts

## Sprint Distance Triathlon



Tomorrows Workout-Base Thursday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	100	70%	2:09	1:00	3:09
Main Set	Freestyle	1	200	80%	3:32	3:45	3:45
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
<b>2 Set Interval</b>			<b>Distance:</b> 750		<b>14:07</b>	<b>Total Time:</b>	<b>16:40</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- BIKE</b>							
Warm-up	Warm-up	1	1.3	70%	5:00		0:05:00
Steady State	85 cadence	1	4.7	85%	12:00	3:00	0:15:00
Steady State	90 cadence	1	4.4	80%	12:00	3:00	0:15:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
<b>Pacing</b>			<b>Distance:</b> 11.8			<b>Total Time:</b>	<b>0:40:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Thursday -- RUN</b>							
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
<b>Pacing</b>			<b>Distance:</b> 2.5			<b>Total Time:</b>	<b>0:23:50</b>

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>