

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Build 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	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	1	200	80%	3:32	3:45	3:45
Main Set	Freestyle	2	100	90%	3:09	1:40	3:20
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
2 Set Interval			Distance: 950		17:37	Total Time:	21:21

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	2.3	90%	5:00	2:07	0:07:07
Climb--Rollers	90 cadence	1	2.3	90%	5:00	2:07	0:07:07
Climb--Rollers	80 cadence	1	2.3	90%	5:00	2:07	0:07:07
Climb--Rollers	70 cadence	1	2.3	90%	5:00	2:07	0:07:07
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
"Flat" Climb Day			Distance: 13.2			Total Time:	0:43:29

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	1.5	80%	12:11	2:00	14:11
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Pacing			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>