

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-BuildThursday

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
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	250	80%	4:25	4:41	4:41
Main Set	Freestyle	1	150	90%	2:22	2:30	2:30
Main Set	Freestyle	1	50	95%	0:45	0:47	0:47
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
Down Distance w/Speed			Distance:	1000	18:28	Total Time:	22:14

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	1.3	70%	5:00		0:05:00
Chain Links	90 cadence	14	0.7	95%	1:00	1:00	0:28:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Links			Distance:	14.0		Total Time:	0:43:00

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	1.0	70%	9:17	1:00	10:17
Pacing	Steady state	1	1.0	80%	8:07	2:00	10:07
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Descending			Distance:	3.5		Total Time:	0:34:20

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>