

# Coconut Workouts

## Sprint Distance Triathlon



| TYPE                   | CONTENT         | QTY | DISTANCE              | % EFFORT | MINUTES      | RECOVERY           | TIME                 |
|------------------------|-----------------|-----|-----------------------|----------|--------------|--------------------|----------------------|
| <b>Tuesday -- SWIM</b> |                 |     |                       |          |              |                    | <i>(or Interval)</i> |
| Warm-Up                | Warm-up         | 1   | 150                   | 70%      | 3:45         | 1:00               | 4:45                 |
| Drill                  | Catch-up        | 2   | 25                    | 75%      | 1:10         | 0:10               | 1:30                 |
| Drill                  | Distance/Stroke | 2   | 25                    | 75%      | 1:10         | 0:10               | 1:30                 |
| Main Set               | Freestyle       | 3   | 200                   | 80%      | 12:21        | 4:22               | 13:07                |
| Drill                  | Sculling        | 1   | 50                    | 75%      | 1:10         | 1:00               | 2:10                 |
| Warm-Down              | Warm-down       | 1   | 100                   | 70%      | 2:30         |                    | 2:30                 |
| <b>1 Set Interval</b>  |                 |     | <b>Distance:</b> 1000 |          | <b>22:06</b> | <b>Total Time:</b> | <b>25:32</b>         |

| TYPE                   | CONTENT    | QTY | DISTANCE              | % EFFORT | MINUTES | RECOVERY           | TIME           |
|------------------------|------------|-----|-----------------------|----------|---------|--------------------|----------------|
| <b>Tuesday -- BIKE</b> |            |     |                       |          |         |                    |                |
| Warm-up                | Warm-up    | 1   | 1.2                   | 70%      | 5:00    |                    | 0:05:00        |
| Steady State           | 85 cadence | 4   | 3.1                   | 85%      | 10:00   | 1:00               | 0:44:00        |
| Warm-down              | Warm-down  | 1   | 1.3                   | 80%      | 5:00    |                    | 0:05:00        |
| <b>Pacing</b>          |            |     | <b>Distance:</b> 15.0 |          |         | <b>Total Time:</b> | <b>0:54:00</b> |

| TYPE                  | CONTENT   | QTY | DISTANCE             | % EFFORT | MINUTES | RECOVERY           | TIME           |
|-----------------------|-----------|-----|----------------------|----------|---------|--------------------|----------------|
| <b>Tuesday -- RUN</b> |           |     |                      |          |         |                    |                |
| Warm-Up               | Warm-up   | 1   | 1.0                  | 70%      | 10:00   |                    | 10:00          |
| Fartlek               | Variable  | 1   | 1.5                  | 80%      | 13:07   | 1:00               | 14:07          |
| Warm-Down             | Warm-down | 1   | 0.5                  | 70%      | 5:00    |                    | 5:00           |
| <b>Fartlek</b>        |           |     | <b>Distance:</b> 3.0 |          |         | <b>Total Time:</b> | <b>0:29:07</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>