

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Base Friday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Drill	Kick	1	100	90%	1:40	0:10	1:50
Drill	Pull	1	150	85%	2:39	0:10	2:49
Main Set	Freestyle	2	150	85%	5:00	2:39	5:18
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: 850		15:40	Total Time:	18:18

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Climb--Rollers	80 cadence	2	4.7	90%	10:00	4:15	0:28:29
Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00
Climb Day			Distance: 14.5			Total Time:	0:48:29

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	1.5	85%	11:28	1:00	12:28
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Fartlek			Distance: 3.0			Total Time:	0:27:10

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>