

# Coconut Workouts

## Sprint Distance Triathlon

Tomorrows Workout-Taper Tuesday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	200	70%	4:17	1:00	5:17
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	300	85%	5:00	5:18	5:18
Main Set	Freestyle	3	100	100%	4:17	1:30	4:30
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> 1150		<b>20:13</b>	<b>Total Time:</b>	<b>24:03</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- BIKE</b>							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Climb	70 -- 90 cadence	1	5.2	95%	15:00		0:15:00
Descend	coast to spin-out	1	5.2	100%		0:09:30	0:09:30
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
<b>Rolling Hills</b>			<b>Distance:</b> 14.3			<b>Total Time:</b>	<b>0:39:30</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	2.0	90%	14:27	1:00	15:27
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
<b>Fartlek</b>			<b>Distance:</b> 3.5			<b>Total Time:</b>	<b>0:29:22</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>