

# Coconut Workouts

## Sprint Distance Triathlon



TomorrowsWorkout-RecoveryFriday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	100	70%	2:09	1:00	3:09
Drill	Kick	1	50	90%	0:50	0:10	1:00
Drill	Pull	1	100	85%	1:46	0:10	1:56
Main Set	Freestyle	2	250	85%	8:49	4:25	8:49
Main Set	Freestyle	2	125	85%	4:25	2:12	4:25
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		21:07	<b>Total Time:</b>	23:27

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- BIKE</b>							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	Spin	1	10.2	90%	30:00	1:00	0:31:00
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
<b>Steady State</b>			<b>Distance:</b> 14.1			<b>Total Time:</b>	0:46:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Recovery	Easy	1	1.0	70%	9:17	0:00	9:17
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
<b>Recovery</b>			<b>Distance:</b> 2.5			<b>Total Time:</b>	0:23:13

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>