

# Coconut Workouts

## Sprint Distance Triathlon



Tomorrows Workout -- Build SAT

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:45	1:00	4:45
Main Set	Freestyle	1	300	80%	6:11	6:34	6:34
Main Set	Freestyle	2	200	80%	8:14	4:23	8:45
Main Set	Freestyle	2	100	80%	4:07	2:11	4:23
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	100	70%	2:30		2:30
<b>4 Set Interval</b>			<b>Distance:</b> 1200		<b>25:57</b>	<b>Total Time:</b>	<b>29:06</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- BIKE</b>							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	3	4.3	90%	8:00	5:00	0:39:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
<b>Brick Day</b>			<b>Distance:</b> 16.9			<b>Total Time:</b>	<b>0:54:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	2.0	90%	14:27	1:00	15:27
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
<b>Brick Day</b>			<b>Distance:</b> 3.5			<b>Total Time:</b>	<b>0:30:09</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>