

# Coconut Workouts

## Sprint Distance Triathlon



TomorrowsWorkout-RecoveryTuesday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
Drill	Distance/Stroke	2	25	75%	1:00	0:10	1:20
Main Set	Freestyle	3	200	80%	11:15	3:45	11:15
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
<b>1 Set Interval</b>			<b>Distance:</b> 1000		19:36	<b>Total Time:</b>	22:16

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
Steady State	90 cadence	2	5.0	85%	15:00	1:00	0:32:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
<b>Steady State</b>			<b>Distance:</b> 15.5			<b>Total Time:</b>	0:52:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Tuesday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Recovery	Easy	1	2.0	75%	17:20	0:00	17:20
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
<b>Recovery</b>			<b>Distance:</b> 3.5			<b>Total Time:</b>	0:31:16

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>