

# Coconut Workouts

## Sprint Distance Triathlon



### TomorrowsWorkout-Recovery SAT

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Main Set	Freestyle	1	300	80%	5:37	5:37	5:37
Main Set	Freestyle	1	200	80%	3:45	3:45	3:45
Main Set	Freestyle	1	100	80%	1:52	1:52	1:52
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	200	70%	4:17		4:17
<b>4 Set Interval</b>			<b>Distance:</b> 1100		<b>21:54</b>	<b>Total Time:</b>	<b>23:54</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	2	6.2	85%	15:00	5:00	0:40:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
<b>Steady State</b>			<b>Distance:</b> 16.5			<b>Total Time:</b>	<b>0:55:00</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	1.0	80%	8:07	1:00	9:07
Warm-Down	Warm-down	1	1.0	70%	9:17		9:17
<b>Pacing</b>			<b>Distance:</b> 3.0			<b>Total Time:</b>	<b>0:27:42</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>