

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Build Sunday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	200	70%	4:17	1:00	5:17
Main Set	Freestyle	3	50	90%	2:22	0:50	2:30
Main Set	Freestyle	1	300	80%	5:18	5:37	5:37
Main Set	Freestyle	1	200	80%	3:32	3:45	3:45
Main Set	Freestyle	1	100	80%	1:46	1:52	1:52
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
Pacing			Distance: 1150		21:27	Total Time:	24:15

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Speed	90 cadence	1	0.7	90%	1:00	1:00	0:02:00
Speed	90 cadence	1	1.0	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	1.3	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.7	90%	4:00	1:00	0:05:00
Speed	90 cadence	1	1.3	90%	3:00	1:00	0:04:00
Speed	90 cadence	1	1.0	90%	2:00	1:00	0:03:00
Speed	90 cadence	1	0.7	90%	1:00	1:00	0:02:00
Steady State	85 cadence	1	1.8	80%	5:00	1:00	0:06:00
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
Stair-Step-Steady			Distance: 13.2			Total Time:	0:44:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	1.0	90%	7:13	1:00	8:13
Tempo	Steady State	1	1.0	85%	7:39	1:00	8:39
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Mash-up			Distance: 3.5			Total Time:	0:30:48

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>