

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Base Saturday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	100	70%	2:09	1:00	3:09
Drill	One-arm Left	1	25	75%	0:30	0:10	0:40
Drill	One-arm Right	1	25	75%	0:30	0:10	0:40
Drill	Catch-up	1	25	100%	0:23	0:10	0:33
Drill	Combine All	1	25	100%	0:23	0:10	0:33
Main Set	Freestyle	2	200	80%	7:04	3:45	7:30
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
1 Set Interval			Distance: 750		14:06	Total Time:	17:12

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	1	7.3	80%	20:00	5:00	0:25:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Steady Spin			Distance: 11.4			Total Time:	0:40:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- RUN							
Warm-Up	Warm-up	1	0.5	70%	4:39		4:39
Pacing	Steady state	1	1.0	80%	8:07	1:00	9:07
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Steady State			Distance: 2.0			Total Time:	0:19:11

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>