

# Coconut Workouts

## Sprint Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- SWIM</b>							(or Interval)
Warm-Up	Warm-up	1	100	70%	2:09	1:00	3:09
Drill	One-arm Left	2	25	75%	1:00	0:10	1:20
Drill	One-arm Right	2	25	75%	1:00	0:10	1:20
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
Drill	Combine All	2	25	100%	0:45	0:10	1:05
Main Set	Freestyle	8	75	80%	11:15	1:24	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> 1050		<b>20:17</b>	<b>Total Time:</b>	<b>23:37</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- BIKE</b>							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	Spin	3	4.4	85%	12:00	2:00	0:42:00
Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00
<b>Steady State</b>			<b>Distance:</b> 17.0			<b>Total Time:</b>	<b>0:57:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	2.0	85%	15:18	1:00	16:18
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
<b>Pacing</b>			<b>Distance:</b> 3.5			<b>Total Time:</b>	<b>0:31:00</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>