

Coconut Workouts

Sprint Distance Triathlon

Tomorrows Workout-TaperSaturday

| TYPE | CONTENT | QTY | DISTANCE | % EFFORT | MINUTES | RECOVERY | TIME |
|------------------------------|-----------------|-----|-----------------------|----------|---------|--------------------|----------------------|
| Saturday -- SWIM | | | | | | | <i>(or Interval)</i> |
| Warm-Up | Warm-up | 1 | 200 | 70% | 4:17 | 1:00 | 5:17 |
| Drill | Catch-up | 2 | 25 | 75% | 1:00 | 0:10 | 1:20 |
| Drill | Distance/Stroke | 2 | 25 | 75% | 1:00 | 0:10 | 1:20 |
| Drill | Turnover | 2 | 25 | 100% | 0:45 | 0:10 | 1:05 |
| Drill | Combine All | 2 | 25 | 100% | 0:45 | 0:10 | 1:05 |
| Main Set | Freestyle | 1 | 300 | 80% | 5:18 | 5:37 | 5:37 |
| Main Set | Freestyle | 1 | 200 | 90% | 3:09 | 3:20 | 3:20 |
| Main Set | Freestyle | 1 | 100 | 95% | 1:30 | 1:35 | 1:35 |
| Drill | Sculling | 1 | 50 | 75% | 1:00 | 1:00 | 2:00 |
| Warm-Down | Warm-down | 1 | 150 | 70% | 3:13 | | 3:13 |
| Down Distance w/Speed | | | Distance: 1200 | | 21:57 | Total Time: | 25:52 |

| 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 | 3 | 3.0 | 90% | 7:00 | 2:00 | 0:27:00 |
| Warm-down | Warm-down | 1 | 1.5 | 80% | 5:00 | | 0:05:00 |
| Steady State | | | Distance: 12.9 | | | Total Time: | 0:42:00 |

| TYPE | CONTENT | QTY | DISTANCE | % EFFORT | MINUTES | RECOVERY | TIME |
|------------------------|--------------|-----|----------------------|----------|---------|--------------------|---------|
| Saturday -- RUN | | | | | | | |
| Warm-Up | Warm-up | 1 | 1.0 | 70% | 9:17 | | 9:17 |
| Pacing | Steady state | 1 | 1.0 | 85% | 7:39 | 2:00 | 9:39 |
| Pacing | Steady state | 1 | 0.5 | 95% | 3:25 | 2:00 | 5:25 |
| Warm-Down | Warm-down | 1 | 1.0 | 70% | 9:17 | | 9:17 |
| Pace Day | | | Distance: 3.5 | | | Total Time: | 0:33:38 |

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>