

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-TaperThursday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	200	70%	4:17	1:00	5:17
Main Set	Freestyle	5	50	90%	3:57	0:50	4:10
Main Set	Freestyle	1	200	80%	3:32	3:45	3:45
Main Set	Freestyle	1	150	90%	2:22	2:30	2:30
Main Set	Freestyle	1	100	100%	1:26	1:30	1:30
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
4 Set Speed Mix			Distance: 1100		19:46	Total Time:	22:25

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	85 cadence	1	3.4	85%	10:00	1:00	0:11:00
Steady State	90 cadence	2	2.4	95%	5:00	2:00	0:14:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Push Fast			Distance: 13.8			Total Time:	0:45:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- 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
Warm-Down	Warm-down	1	1.0	70%	9:17		9:17
Fartlek			Distance: 3.0			Total Time:	0:26:48

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>