

# Coconut Workouts

## Sprint Distance Triathlon



Tomorrows Workout-Taper Friday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Main Set	Freestyle	4	50	90%	3:09	0:50	3:20
Main Set	Freestyle	1	300	80%	5:18	5:37	5:37
Main Set	Freestyle	1	200	85%	3:20	3:32	3:32
Main Set	Freestyle	1	100	90%	1:35	1:40	1:40
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
<b>Up Reps w/Speed</b>			<b>Distance:</b> 1150		<b>20:48</b>	<b>Total Time:</b>	<b>23:35</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- BIKE</b>							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady Spin	90 cadence	3	3.3	90%	8:00	2:00	0:30:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
<b>Spin Day</b>			<b>Distance:</b> 15.4			<b>Total Time:</b>	<b>0:50:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Friday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	1.0	90%	7:13	1:00	8:13
Recovery	Easy	1	0.5	70%	4:39	0:00	4:39
Tempo	Steady State	1	0.5	90%	3:37	1:00	4:37
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
<b>Mash-up</b>			<b>Distance:</b> 3.5			<b>Total Time:</b>	<b>0:31:24</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>