

# Coconut Workouts

## Sprint Distance Triathlon



Tomorrows Workout-Base Sunday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Sunday -- SWIM</b>							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Main Set	Freestyle	1	100	80%	1:46	1:52	1:52
Main Set	Freestyle	1	200	80%	3:32	3:45	3:45
Main Set	Freestyle	1	300	80%	5:18	5:37	5:37
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
<b>3 Set Interval</b>			<b>Distance:</b> 900		<b>16:57</b>	<b>Total Time:</b>	<b>19:36</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	1	9.1	80%	30:00	1:00	0:31:00
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
<b>Steady State</b>			<b>Distance:</b> 12.9			<b>Total Time:</b>	<b>0:46:00</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	1.5	80%	12:11	1:00	13:11
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
<b>Pacing</b>			<b>Distance:</b> 3.0			<b>Total Time:</b>	<b>0:27:07</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>