

Coconut Workouts

Sprint Distance Triathlon

Tomorrows Workout-Taper Sunday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Main Set	Freestyle	2	50	90%	1:35	0:50	1:40
Main Set	Freestyle	10	75	80%	13:14	1:24	14:04
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
1 Set Interval			Distance: 1300		24:23	Total Time:	27:18

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	1	2.6	90%	5:00	3:00	0:08:00
Chain Links	95-100 cadence	5	0.5	95%	1:00	0:30	0:07:30
Chain Links	95-100 cadence	5	0.7	100%	1:00	1:00	0:10:00
Steady State	90 cadence	1	1.8	80%	5:00	1:00	0:06:00
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
Stair-Step-Steady			Distance: 14.5			Total Time:	0:46:30

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	0.5	80%	4:04	1:00	5:04
Pacing	Steady state	1	1.0	90%	7:13	3:00	10:13
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Dist/Speed Up			Distance: 3.0			Total Time:	0:29:59

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>