

# Coconut Workouts

## Sprint Distance Triathlon



Tomorrows Workout-Recovery Monday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- SWIM</b>							(or Interval)
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
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
<b>Down Distance w/Speed</b>		<b>Distance:</b>	1100		20:27	<b>Total Time:</b>	23:42

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- BIKE</b>							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	85 cadence	2	3.4	85%	10:00	1:00	0:22:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
<b>Steady State</b>		<b>Distance:</b>	12.4			<b>Total Time:</b>	0:42:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	1.0	75%	8:40	1:00	9:40
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
<b>Pacing</b>		<b>Distance:</b>	2.5			<b>Total Time:</b>	0:24:22

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>