

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Base Tuesday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	100	70%	2:09	1:00	3:09
Drill	Kick	1	100	90%	1:40	0:10	1:50
Drill	Pull	1	150	85%	2:39	0:10	2:49
Main Set	Freestyle	2	150	80%	5:18	2:49	5:37
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
1 Set Interval			Distance: 800		14:54	Total Time:	17:33

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- BIKE							
Warm-up	Warm-up	1	1.3	70%	5:00		0:05:00
Big Gear	80 cadence	2	4.3	90%	10:00	3:00	0:26:00
Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00
Big Gear Day			Distance: 11.2			Total Time:	0:36:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	1.0	80%	8:07	1:00	9:07
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Fartlek			Distance: 2.5			Total Time:	0:23:03

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>