

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Recovery WED

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- SWIM							<i>(or Interval)</i>
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	4	150	85%	10:00	2:39	10:35
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: 1050		19:26	Total Time:	22:41

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	2	5.0	85%	15:00	1:00	0:32:00
Warm-down	Warm-down	1	1.3	70%	5:00		0:05:00
Steady State			Distance: 13.8			Total Time:	0:47:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	2.0	80%	16:15	1:00	17:15
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Pacing			Distance: 3.5			Total Time:	0:31:57

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>