

Coconut Workouts

Sprint Distance Triathlon



Tomorrows Workout-Build Friday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	100	70%	2:09	1:00	3:09
Main Set	Freestyle	5	50	90%	3:57	0:50	4:10
Main Set	Freestyle	1	500	80%	8:49	9:22	9:22
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
Speed & Pace			Distance: 1000		18:03	Total Time:	20:50

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- BIKE							
Warm-up	Warm-up	1	4.1	75%	15:00		0:15:00
Rolling	85+ cadence	1	9.2	100%	25:00		0:25:00
Climb--Rollers	>Ride over the hills	1					
Climb--Rollers	>1st half easy up	1		75%			
Climb--Rollers	>2nd half faster up	1		100%			
Climb--Rollers	Recover on downs	1		75%			
Warm-down	Warm-down	1	2.8	75%	10:00		0:10:00
Climb Day			Distance: 16.0			Total Time:	0:50:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- 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>