

Coconut Workouts

Sprint Distance Triathlon



| TYPE | CONTENT | QTY | DISTANCE | % EFFORT | MINUTES | RECOVERY | TIME |
|--------------------------|-----------------|-----|----------------------|----------|---------|--------------------|----------------------|
| Wednesday -- SWIM | | | | | | | <i>(or Interval)</i> |
| Warm-Up | Warm-up | 1 | 150 | 70% | 3:13 | 1:00 | 4:13 |
| 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 | 2 | 200 | 80% | 7:04 | 3:45 | 7:30 |
| 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 | | 15:25 | Total Time: | 18:31 |

| TYPE | CONTENT | QTY | DISTANCE | % EFFORT | MINUTES | RECOVERY | TIME |
|--------------------------|------------|-----|----------------------|----------|---------|--------------------|---------|
| Wednesday -- BIKE | | | | | | | |
| Warm-up | Warm-up | 1 | 1.3 | 70% | 5:00 | | 0:05:00 |
| Steady State | 85 cadence | 2 | 3.4 | 85% | 10:00 | 1:00 | 0:22:00 |
| Warm-down | Warm-down | 1 | 1.5 | 80% | 5:00 | | 0:05:00 |
| Pacing | | | Distance: 9.6 | | | Total Time: | 0:32:00 |

| 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 | 1.0 | 80% | 8:07 | 1:00 | 9:07 |
| Warm-Down | Warm-down | 1 | 0.5 | 75% | 4:20 | | 4:20 |
| Pacing | | | Distance: 2.5 | | | Total Time: | 0:22:45 |

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>