

# Coconut Workouts

## Sprint Distance Triathlon



Tomorrows Workout-Taper Monday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Monday -- SWIM</b> (or Interval)							
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Drill	Catch-up	2	25	75%	1:00	0:10	1:20
Drill	Distance/Stroke	2	25	75%	1:00	0:10	1:20
Drill	Turnover	2	25	100%	0:45	0:10	1:05
Drill	Combine All	2	25	100%	0:45	0:10	1:05
Main Set	Freestyle	2	200	90%	6:19	3:20	6:40
Main Set	Freestyle	2	100	95%	3:00	1:35	3:09
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> 1250		22:23	<b>Total Time:</b>	26:14

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	1	3.4	85%	10:00	1:00	0:11:00
Steady State	90 cadence	2	2.4	95%	6:00	1:00	0:14:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
<b>Push Fast</b>			<b>Distance:</b> 13.8			<b>Total Time:</b>	0:45:00

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	2.0	80%	16:15	1:00	17:15
Warm-Down	Warm-down	1	0.5	75%	4:20		4:20
<b>Pacing</b>			<b>Distance:</b> 3.5			<b>Total Time:</b>	0:30:52

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>