

Coconut Workouts

Sprint Distance Triathlon

TomorrowsWorkout-TaperWednesday

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
Drill	Turnover	3	25	100%	1:07	0:10	1:37
Drill	Combine All	3	25	100%	1:07	0:10	1:37
Main Set	Freestyle	2	200	85%	6:40	3:32	7:04
Main Set	Freestyle	4	50	100%	2:51	0:45	3:00
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
2 Set Speed Boost			Distance: 1200		21:12	Total Time:	25:24

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Big Gear	80 cadence	1	3.5	95%	8:00	2:00	0:10:00
Bigger Gear	70 cadence	1	3.3	90%	8:00	2:00	0:10:00
Biggest Gear	60 cadence	1	3.1	85%	8:00	2:00	0:10:00
Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00
Climb Day			Distance: 15.0			Total Time:	0:50:00

		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	85%	7:39	1:00	8:39
Pacing	Steady state	1	1.0	90%	7:13	3:00	10:13
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Dist/Speed Up			Distance: 3.5			Total Time:	0:33:34

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>