

Coconut Workouts

Half Full Distance Triathlon



Tomorrows Workout - Base Friday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	150	70%	3:13	1:00	4:13
Main Set	Freestyle	2	200	80%	7:04	3:45	7:30
Main Set	Freestyle	1	300	80%	5:18	5:37	5:37
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
2 Set Interval			Distance: 1050		19:47	Total Time:	22:33

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Steady State	90 cadence	3	5.3	85%	15:00	2:00	0:51:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Brick Day			Distance: 19.9			Total Time:	1:06:00

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	3.0	80%	24:22	1:00	25:22
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Pacing			Distance: 4.5			Total Time:	0:39:18

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>