

Coconut Workouts

Half Full Distance Triathlon



Tomorrows Workout Taper AllDays

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Drill	Catch-up	4	25	75%	2:00	0:10	2:40
Drill	Distance/Stroke	4	25	75%	2:00	0:10	2:40
Drill	Turnover	4	25	100%	1:30	0:10	2:10
Drill	Combine All	4	25	100%	1:30	0:10	2:10
Main Set	Freestyle	3	100	90%	4:44	1:40	5:00
Main Set	Freestyle	3	300	90%	14:13	5:00	15:00
Drill	Sculling	2	50	75%	2:00	1:00	4:00
Warm-Down	Warm-down	1	250	70%	5:21		5:21
2 Set Pacing			Distance: 2200		38:40	Total Time:	45:23

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	7	5.3	85%	15:00	2:00	1:59:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Steady State			Distance: 41.1			Total Time:	2:14:00

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	5.0	80%	40:38	1:00	41:38
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
Pacing			Distance: 6.5			Total Time:	0:56:20

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>