

Coconut Workouts

Half Full Distance Triathlon

Tomorrows Workout Build THURS

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
Main Set	Freestyle	4	100	90%	6:19	1:40	6:40
Main Set	Freestyle	2	300	80%	10:35	5:37	11:15
Main Set	Freestyle	2	200	80%	7:04	3:45	7:30
Main Set	Freestyle	2	100	80%	3:32	1:52	3:45
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	250	70%	5:21		5:21
4 Set Mix			Distance: 2150		39:12	Total Time:	42:53

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	3.9	70%	15:00		0:15:00
Steady State	80 cadence	2	5.6	85%	15:00	3:00	0:36:00
Steady State	85 cadence	2	5.9	90%	15:00	3:00	0:36:00
Steady State	90 cadence	2	4.3	90%	10:00	3:00	0:26:00
Steady State	95 cadence	1	2.9	100%	5:00	3:00	0:08:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Push Fast			Distance: 41.4			Total Time:	2:11:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	4.5	80%	36:34	1:00	37:34
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Pacing			Distance: 6.0			Total Time:	0:51:29

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>