

# Coconut Workouts

## Half Full Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- SWIM</b>							<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
Main Set	Freestyle	3	100	85%	5:00	1:46	5:18
Main Set	Freestyle	1	300	90%	4:44	5:00	5:00
Main Set	Freestyle	3	100	90%	4:44	1:40	5:00
Main Set	Freestyle	1	300	95%	4:30	4:44	4:44
Main Set	Freestyle	3	100	85%	5:00	1:46	5:18
Main Set	Freestyle	1	300	90%	4:44	5:00	5:00
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	100	70%	2:09		2:09
<b>6 Set Mix</b>			<b>Distance:</b> 2250		<b>38:08</b>	<b>Total Time:</b>	<b>42:25</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- BIKE</b>							
Warm-up	Warm-up	1	5.1	70%	20:00		0:20:00
Chain Links	90 cadence	5	2.8	95%	5:00	3:00	0:40:00
Steady State	90 cadence	1	9.9	90%	30:00		0:30:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
<b>Speed Day</b>			<b>Distance:</b> 30.4			<b>Total Time:</b>	<b>1:35:00</b>

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
<b>Saturday -- RUN</b>							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	5.0	90%	0:36:07	1:00	37:07
Fartlek	Variable	1	3.0	90%	21:40	1:00	22:40
Warm-Down	Warm-down	1	0.5	60%	5:25		5:25
<b>Mash-Up</b>			<b>Distance:</b> 9.5			<b>Total Time:</b>	<b>1:14:29</b>

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>