

Coconut Workouts

Half Full Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- SWIM							<i>(or Interval)</i>
Warm-Up	Warm-up	1	250	70%	5:21	1:00	6:21
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	2	25	100%	0:45	0:10	1:05
Drill	Combine All	2	25	100%	0:45	0:10	1:05
Main Set	Freestyle	1	500	85%	8:20	8:49	8:49
Main Set	Freestyle	1	400	85%	6:40	7:04	7:04
Main Set	Freestyle	1	300	90%	4:44	5:00	5:00
Main Set	Freestyle	1	200	95%	3:00	3:09	3:09
Main Set	Freestyle	1	100	100%	1:26	1:30	1:30
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	250	70%	5:21		5:21
Down Distance With Speed			Distance:	2250		39:23	Total Time: 44:05

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- BIKE							
Warm-up	Warm-up	1	12.4	75%	45:00		0:45:00
Steady State	85 cadence	1	7.2	85%	20:00	3:00	0:23:00
Steady State	90 cadence	1	6.3	95%	15:00	3:00	0:18:00
Steady State	90 cadence	1	5.9	90%	15:00	3:00	0:18:00
Steady State	95 cadence	1	2.9	100%	5:00	3:00	0:08:00
Warm-down	Warm-down	1	4.4	80%	15:00		0:15:00
Push Fast			Distance:	39.1			Total Time: 2:07:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	5.0	90%	36:07	1:00	37:07
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Fartlek			Distance:	6.5			Total Time: 0:51:02

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>