

Coconut Workouts

Half Full Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- SWIM							<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	2	200	80%	7:04	3:45	7:30
Main Set	Freestyle	3	150	85%	7:30	2:39	7:56
Main Set	Freestyle	4	100	85%	6:40	1:46	7:04
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	200	70%	4:17		4:17
3 Set Mix			Distance: 1800		32:48	Total Time:	36:44

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- BIKE							
Warm-up	Warm-up	1	3.9	70%	15:00		0:15:00
Steady State	90 cadence	3	6.9	85%	20:00	2:00	1:06:00
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Steady State			Distance: 27.4			Total Time:	1:31:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	5.0	80%	40:38	2:00	42:38
Warm-Down	Warm-down	1	1.0	70%	9:17		9:17
Pacing			Distance: 7.0			Total Time:	1:01:12

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>