

Coconut Workouts

Half Full Distance Triathlon



Tomorrows Workout Base Thursday

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- 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	7	100	80%	12:21	1:52	13:07
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	200	70%	4:17		4:17
1 Set Interval			Distance: 1250		23:55	Total Time:	27:22

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-up	Warm-up	1	1.3	70%	5:00		0:05:00
Steady State	85 cadence	4	3.4	85%	10:00	1:00	0:44:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Pacing			Distance: 16.5			Total Time:	0:54:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	2.5	80%	20:19	1:00	21:19
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Fartlek			Distance: 4.0			Total Time:	0:35:14

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>