

Coconut Workouts



Tomorrows Workout Build SAT

Half Full Distance Triathlon

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- 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	80%	8:49	9:22	9:22
Main Set	Freestyle	5	100	80%	8:49	1:52	9:22
Main Set	Freestyle	1	500	80%	8:49	9:22	9:22
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	250	70%	5:21		5:21
3 Set Interval			Distance: 2250		41:41	Total Time:	46:40

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	Spin 85-90	1	34.3	85%	105:00	5:00	1:50:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Steady State			Distance: 39.6			Total Time:	2:10:00

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	6.0	85%	0:45:53	1:00	0:46:53
Fartlek	Variable	1	3.0	90%	21:40	1:00	22:40
Warm-Down	Warm-down	1	0.5	75%	4:20		4:20
Mash-up Run			Distance: 10.5			Total Time:	1:23:10

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>