

Coconut Workouts

Half Full Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- SWIM						(or Interval)	
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
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	5	300	85%	25:00	5:18	26:28
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
1 Set Interval			Distance: 2100		37:00	Total Time:	41:48

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- BIKE							
Warm-up	Warm-up	1	4.1	75%	15:00		0:15:00
Big Gear	80 cadence	2	4.3	90%	10:00	3:00	0:26:00
Bigger Gear	70 cadence	2	4.3	90%	10:00	3:00	0:26:00
Biggest Gear	60 cadence	2	4.3	90%	10:00	3:00	0:26:00
Warm-down	Warm-down	2	4.1	75%	15:00		0:30:00
Flat Climb Day			Distance: 38.1			Total Time:	2:03:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	2.0	85%	15:18	1:00	16:18
Recovery	Easy	1	0.5	70%	4:39	0:00	4:39
Tempo	Steady State	1	2.5	85%	19:07	1:00	20:07
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Mash-up			Distance: 6.5			Total Time:	0:54:59

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>