

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	1	300	80%	5:18	5:37	5:37
Main Set	Freestyle	1	200	80%	3:32	3:45	3:45
Main Set	Freestyle	1	100	80%	1:46	1:52	1:52
Drill	Sculling	1	50	75%	1:00	1:00	2:00
Warm-Down	Warm-down	1	150	70%	3:13		3:13
3 Set Interval			Distance: 1200		22:35	Total Time:	26:35

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- BIKE							
Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00
Climb--Rollers	80 cadence	1	4.7	80%	10:00	4:15	0:14:15
Climb--Rollers	70 cadence	1	4.7	90%	10:00	4:15	0:14:15
Warm-down	Warm-down	1	2.9	80%	10:00		0:10:00
Climb Day			Distance: 14.8			Total Time:	0:48:29

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Pacing	Steady state	1	2.0	80%	16:15	1:00	17:15
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Pacing			Distance: 3.5			Total Time:	0:31:11

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>