

Coconut Workouts

Half Full Distance Triathlon



TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- 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
Main Set	Freestyle	4	150	80%	10:35	2:49	11:15
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: 1150		22:10	Total Time:	25:29

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- BIKE							
Warm-up	Warm-up	1	1.3	70%	5:00		0:05:00
Steady State	85 cadence	5	3.4	85%	10:00	1:00	0:55:00
Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00
Pacing			Distance: 19.9			Total Time:	1:05:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	9:17		9:17
Fartlek	Variable	1	2.0	80%	16:15	1:00	17:15
Warm-Down	Warm-down	1	0.5	70%	4:39		4:39
Fartlek			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>