

COUCH to 5K to LA

PREP WEEK 2

"It's a marathon, not a sprint." Pace yourself this week.

Rising Star

DAY 5

DATE: 9/18/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)

DAY 6

DATE: 9/20/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)

DAY 7

DATE: 9/21/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)

DAY 8

DATE: 9/23/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 45min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)

COUCH to 5K to LA

PREP WEEK 2

"It's a marathon, not a sprint." Pace yourself this week.

Experienced

DAY 5

DATE: **9/18/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)

DAY 6

DATE: **9/20/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)

DAY 7

DATE: **9/21/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)

DAY 8

DATE: **9/23/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 45min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

COMMENTS (i.e. weather, accomplishment, discomforts)