COUCH to 5K to LA

PREP WEEK 2

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

Dicina Star

hisiriy Stur			
DATE: 9/18/2017	A.M. PULSE:		GOAL DISTANCE: 30min walk
COMMENTS /i.o. woothor acco	RPE (1-10):		ACTUAL DISTANCE:
COMMENTS (i.e. weather, acco	omplishment, disconnocts)		
DATE: 9/20/2017	A.M. PULSE:		GOAL DISTANCE: 30min walk
	RPE (1-10):		ACTUAL DISTANCE:
COMMENTS (i.e. weather, acco	omplishment, discomforts)		
DATE: 9/21/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 30min walk
	RPE (1-10):	-	ACTUAL DISTANCE:
COMMENTS (i.e. weather, acco	omplishment, discomforts)		
DATE: 9/23/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 45min walk
	RPE (1-10):	 -	ACTUAL DISTANCE:
COMMENTS (i.e. weather, acco		•	
	<u>, , , , , , , , , , , , , , , , , , , </u>		

COUCH to 5K to LA

PREP WEEK 2

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

Experienced

крепенева			
DATE: 9/18/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 30min walk
	RPE (1-10):	-	ACTUAL DISTANCE:
COMMENTS (i.e. weather, acc	complishment, discomforts)		
DATE: 9/20/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 30min walk
	RPE (1-10):	-	ACTUAL DISTANCE:
COMMENTS (i.e. weather, acc	complishment, discomforts)		
DATE: 9/21/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 30min walk
	RPE (1-10):	-	ACTUAL DISTANCE:
COMMENTS (i.e. weather, acc	complishment, discomforts)		
·	·		
DATE: 9/23/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 45min walk
	RPE (1-10):		ACTUAL DISTANCE:
COMMENTS (i.e. weather, acc		-	
Commente (ner weather) acc	omprisiment, discomorts,		