

COUCH to 5K to LA

PREP WEEK 1

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

Rising Star

DAY 1

DATE: 9/11/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 2

DATE: 9/13/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 3

DATE: 9/14/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 4

DATE: 9/16/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

PREP WEEK 1

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

Experienced

DAY 1

DATE: 9/11/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 2

DATE: 9/13/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 3

DATE: 9/14/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 4

DATE: 9/16/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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