

COUCH to 5K to LA

PREP WEEK 10

Run for *completion!* Go at your own pace.

Rising Star

DAY 37

DATE: **11/13/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (15min jog, 15min walk)

DAY 38

DATE: **11/15/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (25min jog, 5min walk)

DAY 39

DATE: **11/16/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (10min jog, 20min walk)

DAY 40

DATE: **11/18/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 30min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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Experienced

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RPE (1-10): _____

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