

# COUCH to 5K to LA

## PREP WEEK 3

Keep moving! If you can't jog, speed walk!

### Rising Star

DAY 9

DATE: 9/25/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 30min walk

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 10

DATE: 9/27/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 35min walk

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

5min walk + 6x (1min jog, 4min walk)

DAY 11

DATE: 9/28/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 45min walk

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 12

DATE: 9/30/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 35min walk

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

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*Experienced*

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