

COUCH to 5K to LA

PREP WEEK 4

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

Rising Star

DAY 13

DATE: **10/2/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 45min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 14

DATE: **10/4/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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

DAY 15

DATE: **10/5/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 6x (2min jog, 3min walk)

DAY 16

DATE: **10/7/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 6x (3min jog, 2min walk)

COUCH to 5K to LA

PREP WEEK 4

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

Experienced

DAY 13

DATE: **10/2/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 45min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 14

DATE: **10/4/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 6x (2min jog, 3min walk)

DAY 15

DATE: **10/5/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 6x (2min jog, 3min walk)

DAY 16

DATE: **10/7/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 6x (3min jog, 2min walk)