

COUCH to 5K to LA

PREP WEEK 5 Stick with it! Each day is more and more important as we start
Rising Star to add more running to the training.

DAY 17

DATE: **10/9/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 45min walk

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 18

DATE: **10/11/2017**

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)

DAY 19

DATE: **10/12/2017**

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 20

DATE: **10/14/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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

COUCH to 5K to LA

PREP WEEK 5 *Experienced* Stick with it! Each day is more and more important as we start to add more running to the training.

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GOAL DISTANCE: 45min walk

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A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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

DAY 20

DATE: **10/14/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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