

# COUCH to 5K to LA

**PREP WEEK 6** Stick with it! Each day is more and more important as we start  
*Rising Star* to add more running to the training.

DAY 21

DATE: **10/16/2017**

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

GOAL DISTANCE: 45min walk

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

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

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

DAY 22

DATE: **10/18/2017**

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)

DAY 23

DATE: **10/19/2017**

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 24

DATE: **10/21/2017**

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)

# COUCH to 5K to LA

**PREP WEEK 6** *Experienced* Stick with it! Each day is more and more important as we start to add more running to the training.

DAY 21

DATE: **10/16/2017**

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

GOAL DISTANCE: 35 min

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

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

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

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

DAY 22

DATE: **10/18/2017**

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 23

DATE: **10/19/2017**

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 24

DATE: **10/21/2017**

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)