

# COUCH to 5K to LA

## PREP WEEK 7

Believe! Believe that you WILL WIN!

### Rising Star

DAY 25

DATE: **10/23/2017**

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 26

DATE: **10/25/2017**

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 27

DATE: **10/26/2017**

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 28

DATE: **10/29/2017**

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

GOAL DISTANCE: 5K

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

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

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

COUCH to 5K for Breast Cancer Awareness

# COUCH to 5K to LA

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*Experienced*

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