

COUCH to 5K to LA

PREP WEEK 8

Believe! Believe that you WILL WIN!

Rising Star

DAY 29

DATE: **10/31/2017**

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 30

DATE: **11/1/2017**

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 31

DATE: **11/3/2017**

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 32

DATE: **11/4/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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

COUCH to 5K to LA

PREP WEEK 8

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Experienced

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GOAL DISTANCE: 35 min

RPE (1-10): _____

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

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DAY 32

DATE: **11/4/2017**

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GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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