

COUCH to 5K to LA

PREP WEEK 9

Run for *completion!* Go at your own pace.

Rising Star

DAY 33

DATE: **11/6/2017**

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 34

DATE: **11/8/2017**

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 35

DATE: **11/9/2017**

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 36

DATE: **11/11/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (25min jog, 5min walk)

COUCH to 5K to LA

PREP WEEK 9

Run for completion! Go at your own pace.

Experienced

DAY 33

DATE: **11/6/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35 min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (25min jog, 5min walk)

DAY 34

DATE: **11/8/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (25min jog, 5min walk)

DAY 35

DATE: **11/9/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (25min jog, 5min walk)

DAY 36

DATE: **11/11/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 35min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

5min walk + 1x (25min jog, 5min walk)