

COUCH to 5K to LA

WEEK 1

Time to make your own reality! LA BOUND!

Rising Star

DAY 1

DATE: 11/20/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 2

DATE: 11/22/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 3

DATE: 11/23/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 4

DATE: 11/25/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi or 75min

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

WEEK 1

Time to make your own reality! LA BOUND!

Experienced

DAY 1

DATE: **11/20/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 2

DATE: **11/22/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 3

DATE: **11/23/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 4

DATE: **11/25/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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