

COUCH to 5K to LA

WEEK 10

Use your mantras! Why are you here? What are your hopes?

Rising Star

Dreams? Start practicing your fuel and liquid intake!

DAY 37

DATE: 1/22/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 38

DATE: 1/24/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

WORKOUT WEDNESDAY: 1mi warmup, 8x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 39

DATE: 1/25/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 40

DATE: 1/27/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 16mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

WEEK 10

Use your mantras! Why are you here? What are your hopes?

Experienced

Dreams? Start practicing your fuel and liquid intake!

DAY 37

DATE: **1/22/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 38

DATE: **1/24/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

WORKOUT WEDNESDAY: 1mi warmup, 8x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 39

DATE: **1/25/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 40

DATE: **1/27/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 16mi or 4hrs

RPE (1-10): _____

ACTUAL DISTANCE: _____

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