

COUCH to 5K to LA

WEEK 11

"I can't, I have marathon practice." Have you said it yet? What clothes are you planning on wearing for LA? Test 'em out!

Rising Star

DAY 41

DATE: **1/29/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 7mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 42

DATE: **1/31/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

WORKOUT WEDNESDAY: 1mi warmup, 10x400m @ 10k pace w/equal recovery, 1.5mi cool down

DAY 43

DATE: **2/1/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 7mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 44

DATE: **2/3/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 18mi or 4.5hrs

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

WEEK 11 "I can't, I have marathon practice." Have you said it yet? What
Experienced clothes are you planning on wearing for LA? Test 'em out!

DAY 41

DATE: **1/1/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 7mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 42

DATE: **1/3/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

WORKOUT WEDNESDAY: 1mi warmup, 12x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 43

DATE: **1/4/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 7mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 44

DATE: **1/6/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 18mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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