

# COUCH to 5K to LA

**WEEK 12**

*Rising Star*

**We're going to break past the wall!**

**Remember, the goal is completion! I BELIEVE!**

DAY 45

DATE: **2/5/2017**

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 8mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 46

DATE: **2/7/2017**

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 47

DATE: **2/8/2017**

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 7mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 48

DATE: **2/10/2017**

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 21mi or 5.25hrs

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

# COUCH to 5K to LA

## WEEK 12

*Experienced*

**We're going to break past the wall!**

**Remember, the goal is completion! I BELIEVE!**

DAY 45

DATE: **2/5/2017**

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 8mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 46

DATE: **2/7/2017**

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 47

DATE: **2/8/2017**

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 7mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 48

DATE: **2/10/2017**

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 21mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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