

# COUCH to 5K to LA

**WEEK 13**

**"I am marathon ready!"**

**Rising Star**

**It's time to taper. Decreasing mileage. Stick with it.**

DAY 49

DATE: **2/12/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 50

DATE: **2/14/2017**

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 51

DATE: **2/15/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 52

DATE: **2/17/2017**

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

GOAL DISTANCE: 16mi

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

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

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

# COUCH to 5K to LA

## WEEK 13

"I am marathon ready!"

*Experienced*

**It's time to taper. Decreasing mileage. Stick with it.**

DAY 49

DATE: **2/12/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 50

DATE: **2/14/2017**

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

GOAL DISTANCE: 4mi

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

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

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

WORKOUT WEDNESDAY: 1mi warmup, 4x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 51

DATE: **2/15/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 52

DATE: **2/17/2017**

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

GOAL DISTANCE: 16mi

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

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

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