

COUCH to 5K to LA

WEEK 14

No more strength exercise. No more intervals. Just lots and lots of foam rolling and stretching. Respect the process!

Rising Star

DAY 53

DATE: 2/19/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 54

DATE: 2/21/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 55

DATE: 2/22/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 56

DATE: 2/24/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 8mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

WEEK 14 **No more strength exercise. No more intervals. Just lots and lots of foam rolling and stretching. Respect the process!**
Experienced

DAY 53

DATE: **2/19/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 54

DATE: **2/21/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 55

DATE: **2/22/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 56

DATE: **2/24/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 8mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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