

COUCH to 5K to LA

WEEK 15

Rising Star

We put in work, but it's not over! Stick with your sleep cycles, healthy eating habits, and lots and lots of HYDRATION!

DAY 57

DATE: **2/26/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 58

DATE: **2/28/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 59

DATE: **3/1/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 60

DATE: **3/3/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

WEEK 15

We put in work, but it's not over! Stick with your sleep cycles, healthy eating habits, and lots and lots of HYDRATION!

Experienced

DAY 57

DATE: **1/1/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 58

DATE: **1/3/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 59

DATE: **1/4/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 60

DATE: **1/6/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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