COUCH to 5K to 44

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!

DATE: 2/26/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 4mi
	RPE (1-10):		ACTUAL DISTANCE:
COMMENTS (i.e. weather, ac	complishment, discomforts)		
DATE: 2/28/2017	A.M. PULSE:		GOAL DISTANCE: 4mi
	RPE (1-10):		ACTUAL DISTANCE:
COMMENTS (i.e. weather, ac	complishment, discomforts)		
D. 7.7. 0/4/0047			
DATE: 3/1/2017	A.M. PULSE:		GOAL DISTANCE: 4mi
			ACTIIAI DISTANCE:
	RPE (1-10):		ACTUAL DISTANCE:
COMMENTS (i.e. weather, ac			ACTUAL DISTANCE.
COMMENTS (i.e. weather, acc			ACTUAL DISTANCE.
COMMENTS (i.e. weather, acc			ACTUAL DISTANCE.
COMMENTS (i.e. weather, acc			ACTUAL DISTANCE.
COMMENTS (i.e. weather, acc			ACTUAL DISTANCE.
	complishment, discomforts)		
COMMENTS (i.e. weather, account of the comment of t	A.M. PULSE:	bpm	GOAL DISTANCE: 6mi
DATE: 3/3/2017	A.M. PULSE:	bpm	
	A.M. PULSE:	bpm	GOAL DISTANCE: 6mi
DATE: 3/3/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 6mi
DATE: 3/3/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 6mi
DATE: 3/3/2017	A.M. PULSE:	bpm	GOAL DISTANCE: 6mi

COUCH to 5K to LA

WEEK 15
Experienced

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

experienced fleating habits, and lots and lots of itrotherion:						
DATE: 1/1/2017	A.M. PULSE: RPE (1-10):	bpm	GOAL DISTANCE: ACTUAL DISTANCE: _	4mi		
COMMENTS (i.e. weather, acc	complishment, discomforts)	_		· · · · · · · · · · · · · · · · · · ·		
DATE: 1/3/2017	A.M. PULSE:	bpm	GOAL DISTANCE:	4mi		
l	RPE (1-10):		ACTUAL DISTANCE: _			
COMMENTS (i.e. weather, ac						
DATE: 1/4/2017	A.M. PULSE:	bpm	GOAL DISTANCE:	4mi		
	RPE (1-10):		ACTUAL DISTANCE: _			
COMMENTS (i.e. weather, acc	complishment, discomforts)			_		
	•					
DATE: 1/6/2017	A.M. PULSE:	bpm	GOAL DISTANCE:	6mi		
	RPE (1-10):		ACTUAL DISTANCE: _			
COMMENTS (i.e. weather, acc	complishment, discomforts)					
	DATE: 1/1/2017 COMMENTS (i.e. weather, accomments (i.e. weather)).	DATE: 1/1/2017 A.M. PULSE: RPE (1-10): COMMENTS (i.e. weather, accomplishment, discomforts) DATE: 1/3/2017 A.M. PULSE: RPE (1-10): COMMENTS (i.e. weather, accomplishment, discomforts) DATE: 1/4/2017 A.M. PULSE: RPE (1-10): COMMENTS (i.e. weather, accomplishment, discomforts) DATE: 1/6/2017 A.M. PULSE:	DATE: 1/1/2017	DATE: 1/1/2017 A.M. PULSE: bpm		