

COUCH to 5K to LA

WEEK 16

"It's the final countdown!"

Rising Star

Gear check. Fuel check. Mantras. Race day preparations.

DAY 61

DATE: **3/5/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 62

DATE: **3/7/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 63

DATE: **3/8/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 64

DATE: **3/10/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 4mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

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WEEK 16

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