

COUCH to 5K to LA

WEEK 17

"This week, I will be...A MARATHONER!"

Rising Star

DAY 65

DATE: **3/12/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 66

DATE: **3/14/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 67

DATE: **3/16/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi WALK

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 68

DATE: **3/18/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: LA Marathon

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

"I AM A MARATHONER!"

COUCH to 5K to LA

WEEK 17

"This week, I will be...A MARATHONER!"

Experienced

DAY 65

DATE: **3/12/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 66

DATE: **3/14/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 67

DATE: **3/16/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi WALK

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 68

DATE: **3/18/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: LA Marathon

RPE (1-10): _____

ACTUAL DISTANCE: _____

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