

# COUCH to 5K to LA

## WEEK 2

You are in control. Focus on the positive.

### Rising Star

DAY 5

DATE: 11/27/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 3mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 6

DATE: 11/29/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 4mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 7

DATE: 11/30/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 3mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 8

DATE: 12/2/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 5mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

# COUCH to 5K to LA

## WEEK 2

You are in control. Focus on the positive.

*Experienced*

DAY 5

DATE: 11/27/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 3mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 6

DATE: 11/29/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 4mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 7

DATE: 11/30/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 3mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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

DAY 8

DATE: 12/2/2017

A.M. PULSE: \_\_\_\_\_ bpm

GOAL DISTANCE: 5mi

RPE (1-10): \_\_\_\_\_

ACTUAL DISTANCE: \_\_\_\_\_

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