

# COUCH to 5K to LA

## WEEK 3

"I'm getting stronger, fitter, and healthier!"

### Rising Star

DAY 9

DATE: 12/4/2017

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

GOAL DISTANCE: 3mi

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

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

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

DAY 10

DATE: 12/6/2017

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

GOAL DISTANCE: 4mi

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

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

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

DAY 11

DATE: 12/7/2017

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

GOAL DISTANCE: 3mi

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

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

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

DAY 12

DATE: 12/9/2017

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

GOAL DISTANCE: 7mi or 105min

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

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

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

# COUCH to 5K to LA

## WEEK 3

"I'm getting stronger, fitter, and healthier!"

*Experienced*

DAY 9

DATE: **12/4/2017**

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

GOAL DISTANCE: 3mi

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

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

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

DAY 10

DATE: **12/6/2017**

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

GOAL DISTANCE: 4mi

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

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

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

DAY 11

DATE: **12/7/2017**

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

GOAL DISTANCE: 3mi

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

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

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

DAY 12

DATE: **12/9/2017**

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

GOAL DISTANCE: 7mi

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

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

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