

COUCH to 5K to LA

WEEK 5

A little "break" for our bodies. Less mileage. Rest up!

Rising Star

DAY 17

DATE: **12/18/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 18

DATE: **12/20/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 19

DATE: **12/21/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 20

DATE: **12/23/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

WEEK 5

A little "break" for our bodies. Less mileage. Rest up!

Experienced

DAY 17

DATE: **12/18/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 18

DATE: **12/20/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 19

DATE: **12/21/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 20

DATE: **12/23/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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