

# COUCH to 5K to LA

## WEEK 6

We're building that base! Helping us to run longer!

### Rising Star

DAY 21

DATE: **12/25/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 22

DATE: **12/27/2017**

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

GOAL DISTANCE: 3mi

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

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

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

WORKOUT WEDNESDAY: 1mi warmup, 4x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 23

DATE: **12/28/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 24

DATE: **12/30/2017**

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

GOAL DISTANCE: 10mi

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

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

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

# COUCH to 5K to LA

## WEEK 6

ATTITUDE is EVERYTHING!

*Experienced*

Let's crush these intervals and that 10-miler! I BELIEVE!

DAY 21

DATE: **12/25/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 22

DATE: **12/27/2017**

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

GOAL DISTANCE: 3mi

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

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

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

WORKOUT WEDNESDAY: 1mi warmup, 4x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 23

DATE: **12/28/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 24

DATE: **12/30/2017**

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

GOAL DISTANCE: 10mi

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

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

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