

COUCH to 5K to LA

WEEK 7

Not "I can't...," but "I CAN..." Not "I hope...," but "I WILL..."

Rising Star

DAY 25

DATE: 12/4/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 26

DATE: 12/6/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

WORKOUT WEDNESDAY: 1mi warmup, 6x400m @ 10k pace w/equal recovery, 0.5mi cool down

DAY 27

DATE: 12/7/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 28

DATE: 12/9/2017

A.M. PULSE: _____ bpm

GOAL DISTANCE: 12mi or 3hrs

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

COUCH to 5K to LA

WEEK 7

Experienced

Not "I can't...", but "I CAN..." Not "I hope...", but "I WILL..."

DAY 25

DATE: **1/1/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 6mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 26

DATE: **1/3/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 3mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

WORKOUT WEDNESDAY: 1mi warmup, 6x400m @ 10k pace w/equal recovery, 0.5mi cool down

DAY 27

DATE: **1/4/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 5mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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

DAY 28

DATE: **1/6/2017**

A.M. PULSE: _____ bpm

GOAL DISTANCE: 12mi

RPE (1-10): _____

ACTUAL DISTANCE: _____

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