

# COUCH to 5K to LA

## WEEK 8

Sing it with me, "I can go the DISTANCE!" Half-way there!

### Rising Star

DAY 29

DATE: **1/8/2017**

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

GOAL DISTANCE: 6mi

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

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

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

DAY 30

DATE: **1/10/2017**

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

GOAL DISTANCE: 4mi

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

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

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

WORKOUT WEDNESDAY : 1mi warmup, 8x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 31

DATE: **1/11/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 32

DATE: **1/13/2017**

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

GOAL DISTANCE: 14mi or 3.5hrs

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

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

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

# COUCH to 5K to LA

## WEEK 8

*Experienced*

Sing it with me, "I can go the DISTANCE!" Half-way there!

DAY 29

DATE: **1/8/2017**

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

GOAL DISTANCE: 6mi

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

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

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

DAY 30

DATE: **1/10/2017**

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

GOAL DISTANCE: 4mi

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

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

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

WORKOUT WEDNESDAY : 1mi warmup, 8x400m @ 10k pace w/equal recovery, 1mi cool down

DAY 31

DATE: **1/11/2017**

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

GOAL DISTANCE: 5mi

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

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

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

DAY 32

DATE: **1/13/2017**

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

GOAL DISTANCE: 14mi

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

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

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