

**COBRA RUNNING AND TRIATHLON CLUB - 10 WEEK COUCH TO 5 K PROGRAMME - 2018**

**RUNNER'S LOG – this is purely for your own use and is optional to complete. It is a great way of noting your progress though.**

<b>SESSION NO</b>	<b>DATE</b>	<b>DISTANCE</b>	<b>TIME</b> (only if you want to!)	<b>NOTES:</b> Your space to make a note about how you felt before, during, after the run; what you enjoyed, what you didn't like (!), what you'd like to achieve on your next run etc
1	w/c 22 January 2018			
2	w/c 29 January 2018			
3	w/c 5 February 2018			
4	w/c 12 February 2018			
5	w/c 19 February 2018			
6	w/c 26 February 2018			
7	w/c 5 March 2018			

8	w/c 12 March 2018			
9	w/c 19 March 2018			
10	w/c 26 March 2018			
	<b>Saturday 31 March 2018</b>			<b>PARK RUN DAY! DETAILS TO BE ADVISED :O)</b>