

COBRA RUNNING AND TRIATHLON CLUB - 10 WEEK COUCH TO 5 K PROGRAMME - 2019

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.

SESSION NO	DATE W/C	DISTANCE	TIME (only if you want to!)	NOTES: 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	3/2			
2	10/2			
3	17/2			
4	24/2			
5	3/3			

6	10/3			
7	17/3			
8	24/3			
9	31/3			
10	7/4			
	Saturday 13/4			PARK RUN DAY! DETAILS TO BE ADVISED