

# Statesman | CAP10K Introductory Training Schedule **12-WEEKS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WK 1</b>	<b>23</b> <b>JANUARY</b> REST 2X Veggies 	<b>24</b> 0.5 miles RUN 	<b>25</b> Cross Train 20 minutes or REST 	<b>26</b> 0.5 miles RUN 	<b>27</b> REST 2X Fruits 	<b>28</b> 1.0 miles RUN Sunrise Tour 	<b>29</b> Cross Train 30 minutes or REST 
<b>WK 2</b>	<b>30</b> REST 2X Veggies 	<b>31</b> 0.5 miles RUN 	<b>1</b> <b>FEBRUARY</b> Cross Train 20 minutes 	<b>2</b> 0.5 miles RUN 	<b>3</b> REST 2X Fruits 	<b>4</b> 1.5 miles RUN Sunrise Tour 	<b>5</b> Cross Train 30 minutes or REST 
<b>WK 3</b>	<b>6</b> REST 2X Veggies 	<b>7</b> 1.0 miles RUN 	<b>8</b> Cross Train 20 minutes or REST 	<b>9</b> 1.0 miles RUN 	<b>10</b> REST 2X Fruits 	<b>11</b> 2.0 miles RUN Sunrise Tour 	<b>12</b> Cross Train 30 minutes or REST 
<b>WK 4</b>	<b>13</b> REST 2X Veggies 	<b>14</b> 1.5 miles RUN 	<b>15</b> Cross Train 20 minutes or REST 	<b>16</b> 1.5 miles RUN 	<b>17</b> REST 2X Fruits 	<b>18</b> 2.5 miles RUN 	<b>19</b> Cross Train 30 minutes or REST 
<b>WK 5</b>	<b>20</b> REST 2X Veggies 	<b>21</b> 1.5 miles RUN 	<b>22</b> Cross Train 20 minutes or REST 	<b>23</b> 2.0 miles RUN 	<b>24</b> REST 2X Fruits 	<b>25</b> 3.0 miles RUN Sunrise Tour 	<b>26</b> Cross Train 30 minutes or REST 
<b>WK 6</b>	<b>27</b> REST 2X Veggies 	<b>28</b> 2.0 miles RUN 	<b>1</b> <b>MARCH</b> Cross Train 30 minutes 	<b>2</b> 2.5 miles RUN 	<b>3</b> REST 2X Fruits 	<b>4</b> 3.5 miles RUN Sunrise Tour 	<b>5</b> Cross Train 30 minutes or REST 
<b>WK 7</b>	<b>6</b> REST 2X Veggies 	<b>7</b> 2.5 miles RUN 	<b>8</b> Cross Train 30 minutes or REST 	<b>9</b> 3.0 miles RUN 	<b>10</b> REST 2X Fruits 	<b>11</b> 4.0 miles RUN Sunrise Tour 	<b>12</b> Cross Train 30 minutes or REST 
<b>WK 8</b>	<b>13</b> <b>SPRG BREAK</b> REST 2X Veggies 	<b>14</b> 3.0 miles RUN 	<b>15</b> Cross Train 30 minutes or REST 	<b>16</b> 3.5 miles RUN 	<b>17</b> REST 2X Fruits 	<b>18</b> 4.5 miles RUN Sunrise Tour 	<b>19</b> Cross Train 30 minutes or REST 
<b>WK 9</b>	<b>20</b> REST 2X Veggies 	<b>21</b> 3.0 miles RUN 	<b>22</b> Cross Train 30 minutes or REST 	<b>23</b> 3.5 miles RUN 	<b>24</b> REST 2X Fruits 	<b>25</b> 4.5 miles RUN Sunrise Tour 	<b>26</b> Cross Train 30 minutes or REST 
<b>WK 10</b>	<b>27</b> REST 2X Veggies 	<b>28</b> 3.5 miles RUN 	<b>29</b> Cross Train 30 minutes or REST 	<b>30</b> 4.0 miles RUN 	<b>31</b> REST 2X Fruits 	<b>1</b> <b>APRIL</b> 5.0 miles Sunrise Tour 	<b>2</b> Cross Train 30 minutes or REST 
<b>WK 11</b>	<b>3</b> REST 2X Veggies 	<b>4</b> 4.0 miles RUN 	<b>5</b> Cross Train 30 minutes or REST 	<b>6</b> 4.5 miles RUN 	<b>7</b> REST 2X Fruits 	<b>8</b> 5.5 miles RUN Sunrise Tour 	<b>9</b> Cross Train 30 minutes or REST 
<b>WK 12</b>	<b>10</b> REST 2X Veggies 	<b>11</b> 3.0 miles RUN 	<b>12</b> Cross Train 20 minutes or REST 	<b>13</b> 4.0 miles RUN 	<b>14</b> REST 2X Fruits 	<b>15</b> REST 	<b>16</b> 6.2 miles RUN Cap10K 

Cross Training: stretch, swim, soccer, basketball, dodge ball, dance, karate, tennis, bike, skateboard, gymnastics, yoga, walk, hike, football, volleyball or weights  
 Nutrition: serving of vegetables    Nutrition: serving of fruits    Hydration: 4X 8-ounces of water = full bottle    Record your run time



Austin's Coffee House 10K - Sunrise Tour  
Local Coffee & Group Training Runs  
cap10k.com/sunrise-tour



# 2023