Statesman | CAP10K Introductory Training Schedule 12-WEEKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK 1	15 **JANUARY** *REST* **2X** Veggies	16 0.5 miles RUN	17 Cross Train 20 minutes or *REST*	18 0.5 miles RUN	19 *REST* **2X** Fruits	20 1.0 miles RUN or **Austin 10K'r Moonlight 2**	21 Cross Train 20 minutes or *REST*
WK 2	22 *REST* **2X** Veggies	23 0.5 miles RUN	24 Cross Train 20 minutes or *REST*	25 1.0 miles RUN	26 *REST* **2X** Fruits	27 1.5 miles RUN or **Austin 10K'r S. Lamar**	28 Cross Train 20 minutes or *REST*
WK 3	29 *REST* **2X** Veggies	30 0.5 miles RUN	31 Cross Train 20 minutes or *REST*	1 **FEBRUARY** 1.5 miles RUN	2 *REST* **2X** Fruits	3 2.0 miles RUN or **Austin 10K'r Moonlight 21**	4 Cross Train 20 minutes or *REST*
WK 4	5 *REST* **2X** Veggies	6 1.0 miles RUN	7 Cross Train 20 minutes or *REST*	8 2.0 miles RUN	9 *REST* **2X** Fruit	10 2.5 miles RUN or **Austin 10K'r Ctrl. Library**	11 Cross Train 20 minutes or *REST*
WK 5	12 *REST* **2X** Veggies	13 1.5 miles RUN	14 Cross Train 20 minutes or *REST*	15 2.0 miles RUN	16 *REST* **2X** Fruits	17 3.0 miles RUN	18 Cross Train 30 minutes or *REST*
WK 6	19 *REST* **2X** Veggies	20 2.0 miles RUN	21 Cross Train 20 minutes or *REST*	22 2.0 miles RUN	23 *REST* **2X** Fruits	24 3.5 miles RUN or **Austin 10K'r Wildflower**	25 Cross Train 30 minutes or *REST*
WK 7	26 *REST* **2X** Veggies	27 2.5 miles RUN	28 Cross Train 20 minutes or *REST*	1 **MARCH** 2.5 miles RUN	2 *REST* **2X** Fruits	3 4.0 miles RUN or **Austin 10K'r Kinney**	4 Cross Train 30 minutes or *REST*
WK 8	5 *REST* **2X** Veggies	6 3.0 miles RUN	7 Cross Train 30 minutes or *REST*	8 2.5 miles RUN	9 *REST* **2X** Fruits	10 4.5 miles RUN or **Austin 10K'r Moonlight 12**	11 Cross Train 30 minutes or *REST*
WK 9	12 **SPR'G BR'K** *REST* **2X** Veggies	13 3.0 miles RUN	14 Cross Train 30 minutes or *REST*	15 2.5 miles RUN	16 *REST* **2X** Fruits	17 5.0 miles RUN or **Austin 10K'r St. Patrick**	18 Cross Train 30 minutes or *REST*
WK 10	19 *REST* **2X** Veggies	20 3.0 miles RUN	21 Cross Train 30 minutes or *REST*	22 2.0 miles RUN	23 *REST* **2X** Fruits	24 5.5 miles RUN or **Austin 10K'r Boardwalk**	25 Cross Train 30 minutes or *REST*
WK 11	26 *REST* **2X** Veggies	27 2.0 miles RUN	28 Cross Train 30 minutes or *REST*	29 2.0 miles RUN	30 *REST* **2X** Fruits	31 4.0 miles RUN or **Austin 10K'r Warmup**	1 **APRIL** Cross Train 30 minutes or *REST*
WK 12	2 *REST* **2X** Veggies	3 3.0 miles RUN	4 Cross Train 20 minutes or *REST*	5 2.0 miles RUN	6 *REST* **2X** Fruits	7 *REST*	8 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 run time

Austin 10K'r Free Social Runs
http://bit.ly/Austin10Kr
(case sensitive)

Training Tips from BS&W Health
http://bit.ly/BSWExperts
(case sensitive)

Statesman Capitol 10,000
www.Cap10K.com
(case sensitive)