

# KICK START - Level I 5K/10K

## Cap City 1/4



This schedule is designed for runners who are new to running or returning from time off. Ideally a runner should be able to run 2-3 miles per week and run one mile without stopping prior to the commencement of the season

| WEEK  | WEEK STARTING | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY    | WEEKLY TOTALS |
|-------|---------------|--------|---------|-----------|----------|--------|----------|-----------|---------------|
| 1     | Dec 8, 2025   | 1      | REST    | 1         | 0.5      | REST   | 1        | REST      | 3.5           |
| 2     | Dec 15, 2025  | 1      | REST    | 1         | REST     | REST   | 1        | REST      | 3             |
| 3     | Dec 22, 2025  | 1      | REST    | 1         | 0.5      | REST   | 1        | REST      | 3.5           |
| 4     | Dec 29, 2025  | 1      | REST    | 1         | 1        | REST   | 2        | REST      | 5             |
| 5     | Jan 5, 2026   | 1      | REST    | 1         | REST     | REST   | 1        | REST      | 3             |
| 6     | Jan 12, 2026  | 1      | REST    | 2         | 1        | REST   | 2        | REST      | 6             |
| 7     | Jan 19, 2026  | 2      | REST    | 2         | 1        | REST   | 3        | REST      | 8             |
| 8     | Jan 26, 2026  | 1      | REST    | 1         | REST     | REST   | 2        | REST      | 4             |
| 9     | Feb 2, 2026   | 2      | REST    | 3         | 1        | REST   | 3        | REST      | 9             |
| 10    | Feb 9, 2026   | 2      | REST    | 3         | 1        | REST   | 4        | REST      | 10            |
| 11    | Feb 16, 2026  | 1      | REST    | 1         | 1        | REST   | 2        | REST      | 5             |
| 12    | Feb 23, 2026  | 3      | REST    | 3         | 1        | REST   | 4        | REST      | 11            |
| 13    | Mar 2, 2026   | 3      | REST    | 3         | 2        | REST   | 4        | REST      | 12            |
| 14    | Mar 9, 2026   | 2      | REST    | 2         | 1        | REST   | 2        | REST      | 7             |
| 15    | Mar 16, 2026  | 3      | REST    | 3         | 2        | REST   | 5        | REST      | 13            |
| 16    | Mar 23, 2026  | 3      | REST    | 4         | 2        | REST   | 5        | REST      | 14            |
| 17    | Mar 30, 2026  | 2      | REST    | 3         | 1        | REST   | 3        | REST      | 9             |
| 18    | Apr 6, 2026   | 3      | REST    | 4         | 2        | REST   | 6        | REST      | 15            |
| 19    | Apr 13, 2026  | 3      | REST    | 4         | 2        | REST   | 7        | REST      | 16            |
| 20    | Apr 20, 2026  | 3      | REST    | 3         | REST     | 2      | 6.55     | CELEBRATE | 14.55         |
| TOTAL |               |        |         |           |          |        |          | MILEAGE   | 171.55        |

**Easy Day** 90-120 seconds slower than goal race pace OR rest. If not sure of race pace, then conversation pace. Recovery days typically follow a hard day (a day of longer mileage or sharpening). Your runs should be slow and easy and are intended to allow for proper adaptation from the previous day's hard workout or run. Rest days and slow recovery days are ESSENTIAL for running. During these runs, you improve your body's ability to rely on fat as your primary source of fuel; strengthen your slow twitch muscle fibers used in distance running; improve the stroke volume of your heart allowing it to pump more blood with each beat; and deliver more oxygen to your working muscles. It also allows your musculoskeletal system the time to adapt to the rigors of distance training.

**Hard Day and Long Run** Hard days are days of higher mileage or a specific workout aimed to increase race specific training  
**Long Runs should be 90-120 seconds slower than goal race pace or at "conversation pace."**  
 Since the goal of the Kick Start schedule is to acclimate or reacclimate runners to increased mileage, it is suggested that the pace on Hard Days be the same as Easy Days, and no speed work or race specific training be included.