



Crescent City Classic



# 2019 TRAINING CALENDAR



## JANUARY 2019

Calendar by: Gini Davis, Physical Therapist; Crescent City Physical Therapy - a division of Moreau PT. Always consult with your physician before beginning a new fitness program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>HAPPY 2019!! TOMORROW BEGIN TRAINING 2019 Allstate Sugar Bowl Crescent City Classic 10k</b>	<b>2</b> Walkers: Walk ½ mi Joggers: Walk 2 mi Runners: Run 4 mi	<b>3</b> Walkers: Walk ½ mi Joggers: Walk 1 ½ mi, Jog ½ mi, walk ½ mi Runners: Run 3 mi	<b>4</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>5</b> Walkers: Walk ½ mile Joggers: Walk 2 miles Runners: Run 5 miles
<b>6</b> Walkers: Walk ½ mi Joggers: Walk 1 ½ mi, Jog ½ mi, walk ½ mi Runners: Run 3 mi	<b>7</b> Walkers: Walk ¾ mi Joggers: Walk 1 mi, Jog ½ mi, walk ½ mi Runners: Run 4 mi	<b>8</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>9</b> Walkers: Walk 1 mi Joggers: Walk 1 mi, Jog ¾ mi, walk ¼ mi Runners: Run 5 mi	<b>10</b> Walkers: Walk 1 mi Joggers: Walk 2 mi, Runners: Run 3 mi	<b>11</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>12</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog ¾ mi, walk ¼ mi, Runners: Run 6 mi
<b>13</b> Walkers: Walk ¾ mi Joggers: Walk 1 mi, Jog ½ mi, walk ½ mi, Runners: Run 3 mi	<b>14</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog ½ mi, Walk ½ mi Runners: Run 4 mi	<b>15</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>16</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog ¾ mi, Walk ¼ mi Runners: Run 5 mi	<b>17</b> Walkers: Walk 1 mi Joggers: Walk 1 mi, Jog ½ mi, Walk ½ mi Runners: Run 3 mi	<b>18</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>19</b> Walkers: Walk 1 ½ mi Joggers: Walk 1 mi, Jog 1 mi Runners: Run 7 mi
<b>20</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog ½ mi, Walk ½ mi Runners: Run 4 mi	<b>21</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog 1 mi, Runners: Run 4 mi	<b>22</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>23</b> Walkers: Walk 1 ½ mi Joggers: Walk 1 mi, Jog 1 mi Runners: Run 6 mi	<b>24</b> Walkers: Walk 2 mi Joggers: Walk 1 mi, Jog 1 mi Runners: Run 3 mi	<b>25</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>26</b> Walkers: Walk 2 mi Joggers: Walk ½ , Jog 1 ½ mi. Walk ½ mi Runners: Run 8 mi
<b>27</b> Walkers: Walk 1 ½ mi Joggers: Walk ½ mi Jog 1 mi, Walk ½ mi Runners: Run 4 mi	<b>28</b> Walkers: Walk ¾ mi Joggers: Walk ½ mi, Jog 1 mi, Walk ½ mi Runners: Run 3 mi	<b>29</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>30</b> Walkers: walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	<b>31</b> Walkers: Walk 1 1/2 mi Joggers: Walk ½ mi, Jog 1 ½ mi Runners: Run 4 mi		



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# 2019 TRAINING CALENDAR



## FEBRUARY 2019

Calendar by: Gini Davis, Physical Therapist; Crescent City Physical Therapy - a division of Moreau PT. Always consult with your physician before beginning a new fitness program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Walkers: Rest Joggers: Rest Runners: Rest	2 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 9 mi
3 Walkers: Walk 1 1/2 mi Joggers: Jog 1 1/2 mi Runners: Run 3 mi	4 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	5 Walkers: Rest Joggers: Rest Runners: Rest	6 Walkers: Walk 2 1/2 mi Joggers: Jog 2 1/2 mi Runners: Speed Work 1*	7 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	8 Walkers: Rest Joggers: Rest Runners: Rest	9 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 10 mi
10 Walkers: Walk 1 1/2 mi Joggers: Jog 1 1/2 mi Runners: Run 3 mi	11 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	12 Walkers: Rest Joggers: Rest Runners: Rest	13 Walkers: Walk 2 1/2 mi Joggers: Jog 2 1/2 mi Runners: Speed Work 1*	14 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	15 Walkers: Rest Joggers: Rest Runners: Rest	16 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 10 mi
17 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	18 Walkers: Walk 1 1/2 mi Joggers: Jog 1 1/2 mi Runners: Run 6 mi	19 Walkers: Rest Joggers: Rest Runners: Rest	20 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Speed Work 1*	21 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	22 Walkers: Rest Joggers: Rest Runners: Rest	23 Walkers: Walk 3 1/2 mi Joggers: Jog 3 1/2 mi Runners: Run 10 mi
24 Walkers: Walk 2 1/2 mi Joggers: Jog 2 1/2 mi Runners: Run 3 mi	25 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	26 Walkers: Rest Joggers: Rest Runners: Rest	27 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Speed Work 1*	28 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi		



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# 2019 TRAINING CALENDAR



## MARCH 2019

Calendar by: Gini Davis, Physical Therapist; Crescent City Physical Therapy - a division of Moreau PT. Always consult with your physician before beginning a new fitness program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 Walkers: Rest Joggers: Rest Runners: Rest	2 Walkers: Walk 3 ½ mi Joggers: Jog 3 ½ mi Runners: Run 10 mi	
3 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	4 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 6 mi	5 <b>HAPPY MARDI GRAS!</b> Walkers: Rest Joggers: Rest Runners: Rest	6 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Speed Work 2*	7 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	8 Walkers: Rest Joggers: Rest Runners: Rest	9 Walkers: Walk 4 miles Joggers: Jog 4 mi Runners: Run 10 mi	
10 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	11 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	12 Walkers: Rest Joggers: Rest Runners: Rest	13 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Speed Work 2*	14 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	15 Walkers: Rest Joggers: Rest Runners: Rest	16 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Run 10 mi	
17 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	18 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 6 mi	19 Walkers: Rest Joggers: Rest Runners: Rest	20 Walkers: Walk 4 ½ mi Joggers: Jog 4 ½ mi Runners: Speed Work 2*	21 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 4	22 Walkers: Rest Joggers: Rest Runners: Rest	23 Walkers: Walk 5 mi Joggers: Jog 5 mi Runners: Run 10 mi	
24 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	25 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	26 Walkers: Rest Joggers: Rest Runners: Rest	27 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Speed Work 2*	28 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	29 Walkers: Rest Joggers: Rest Runners: Rest	30 W: Walk 5 mi J: Jog 5 mi R: Run 10 mi	31 W: Walk 2 mi J: Jog 2 mi R: Run 4 mi



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# 2019 TRAINING CALENDAR



## APRIL 2019

Calendar by: Gini Davis, Physical Therapist; Crescent City Physical Therapy - a division of Moreau PT. Always consult with your physician before beginning a new fitness program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	2 Walkers: Rest Joggers: Rest Runners: Rest	3 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Speed Work 2*	4 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	5 Walkers: Rest Joggers: Rest Runners: Rest	6 Walkers: Walk 5 miles Joggers: Jog 5 miles Runners: Run 10 miles
7 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	8 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	9 Walkers: Rest Joggers: Rest Runners: Rest	10 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Speed Work 2*	11 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	12 Walkers: Rest Joggers: Rest Runners: Rest	13 Walkers: Walk 6 miles Joggers: Jog 6 mi Runners: Run 10 mi
14 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	15 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Run 4 mi	16 Walkers: Rest Joggers: Rest Runners: Rest	17 Walkers: Walk 5 mi Joggers: Jog 5 mi	18 VISIT CCC10K EXPO HYATT REGENCY Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 2 mi	19 VISIT CCC10K EXPO HYATT REGENCY Walkers: Rest Joggers: Rest Runners: Rest	20 
21 HAPPY EASTER	22	23	24	25	26	27
28	29	30	31			