



# 2018 Allstate Sugar Bowl Crescent City Classic Training Calendar



## JANUARY 2018

*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>HAPPY 2018!! BEGIN TRAINING 2018 Allstate Sugar Bowl Crescent City Classic 10k</b>	<b>1</b> Walkers: Walk ½ mi Joggers: Walk 1 mi, Jog ½ mi, Walk ½ mi Runners: Run 4 mi	<b>2</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>3</b> Walkers: Walk ¾ mi Joggers: Walk 1 mi, Jog ½ mi, Walk ½ mi Runners: Run 3 mi	<b>4</b> Walkers: Walk ¾ mi Joggers: Walk ¾ mi, Jog ¾ mi, Walk ½ mi Runners: Run 4 mi	<b>5</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>6</b> Walkers: Walk 1 mi Joggers: Walk ½ mi, Jog 1 mi, Walk ½ mi Runners: Run 7 mi
<b>7</b> Walkers: Walk ½ mi Joggers: Walk ½ mi, Jog 1 mi, Walk ½ mi Runners: Run 4 mi	<b>8</b> Walkers: Walk ¾ mi Joggers: Walk 1 mi, Jog ¾ mi, Walk ¼ mi Runners: Run 5 mi	<b>9</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>10</b> Walkers: Walk 1 ¼ mi Joggers: Walk ½ mi, Jog 1 mi, Walk ½ mi	<b>11</b> Walkers: Walk 1 mi Joggers: Walk 2 mi Runners: Run 3 mi	<b>12</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>13</b> Walkers: Walk 1 ½ mi Joggers: Walk ½ mi, Jog 1 ½ mi Runners: Run 8 mi
<b>14</b> Walkers: Walk ¾ mi Joggers: Walk ¾ mi, Jog ¾ mi, Walk ½ mi Runners: Run 3 mi	<b>15</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog 1/2 mi, Walk ½ mi Runners: Run 4 mi	<b>16</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>17</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog 1 mi Runners: Run 6 mi	<b>18</b> Walkers: Walk 1 mi Joggers: Walk 1 mi, Jog ½ mi, Walk ½ mi Runners: Run 3 mi	<b>19</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>20</b> Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 9 mi
<b>21</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog ½ mi, Walk ½ mi Runners: Run 4 mi	<b>22</b> Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog 1 mi Runners: Run 4 mi	<b>23</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>24</b> Walkers: Walk 1 ½ mi Joggers: Walk ½ mi, Jog 1 ½ mi Runners: Run 6 mi	<b>25</b> Walkers: Walk 2 mi Joggers: Walk 1 mi, Jog 1 mi Runners: Run 3 mi	<b>26</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>27</b> Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 10 mi
<b>28</b> Walkers: Walk 1 ½ mi Joggers: Walk ½ mi, Jog 1 mi, Walk ½ mi Runners: Run 4 mi	<b>29</b> Walkers: Walk 1 ¾ mi Joggers: Walk ½ mi, Jog 1 ½ mi Runners: Run 4 mi	<b>30</b> Walkers: Rest Joggers: Rest Runners: Rest	<b>31</b> Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi			



# 2018 Allstate Sugar Bowl Crescent City Classic Training Calendar



## FEBRUARY 2018

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 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	2 Walkers: Rest Joggers: Rest Runners: Rest	3 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 10 mi
4 Walkers: Walk 1 ½ mi Joggers: Jog 1 ½ mi Runners: Run 3 mi	5 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	6 Walkers: Rest Joggers: Rest Runners: Rest	7 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Speed Work 1*	8 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	9 Walkers: Rest Joggers: Rest Runners: Rest	10 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 10 mi
11 Walkers: Walk 1 ½ mi Joggers: Jog 1 ½ mi Runners: Run 3 mi	12 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	13 <b>HAPPY MARDI GRAS!</b> Walkers: Rest Joggers: Rest Runners: Rest	14 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Speed Work 1*	15 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	16 Walkers: Rest Joggers: Rest Runners: Rest	17 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 10 mi
18 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	19 Walkers: Walk 1 ½ mi Joggers: Jog 1 ½ mi Runners: Run 6 mi	20 Walkers: Rest Joggers: Rest Runners: Rest	21 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Speed Work 1*	22 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	23 Walkers: Rest Joggers: Rest Runners: Rest	24 Walkers: Walk 3 ½ mi Joggers: Jog 3 ½ mi Runners: Run
25 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 3 mi	26 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	27 Walkers: Rest Joggers: Rest Runners: Rest	28 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Speed Work 1*			



# 2018 Allstate Sugar Bowl Crescent City Classic Training Calendar



## MARCH 2018

*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 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	2 Walkers: Rest Joggers: Rest Runners: Rest	3 Walkers: Walk 3 ½ mi Joggers: Jog 3 ½ mi Runners: Run 10 mi
4 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	5 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 6 mi	6 Walkers: Rest Joggers: Rest Runners: Rest	7 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Speed Work 2*	8 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	9 Walkers: Rest Joggers: Rest Runners: Rest	10 Walkers: Walk 4 miles Joggers: Jog 4 mi Runners: Run 10 mi
11 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	12 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	13 Walkers: Rest Joggers: Rest Runners: Rest	14 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Speed Work 2*	15 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	16 Walkers: Rest Joggers: Rest Runners: Rest	17 Walkers: Walk 5 mi Joggers: Jog 5 mi Runners: Run 10 mi
18 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	19 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 6 mi	20 Walkers: Rest Joggers: Rest Runners: Rest	21 Walkers: Walk 4 ½ mi Joggers: Jog 4 ½ mi Runners: Speed Work 2*	22 Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 4	23 Walkers: Rest Joggers: Rest Runners: Rest	24 Walkers: Walk 6 mi Joggers: Jog 6 mi Runners: Run 10 mi
25 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	26 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	27 Walkers: Rest Joggers: Rest Runners: Rest	28 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: 5 mi	29 VISIT CCC 10K EXPO HYATT REGENCY Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	30 VISIT CCC 10K EXPO HYATT REGENCY Walkers: Rest Joggers: Rest Runners: Rest	31 40TH ANNIVERSARY Crescent City Classic 10k Race Day Walk, Jog, Run. 6.2 mi HAVE FUN!