



WE'RE BACK!

CRESCENT CITY CLASSIC 10K TRAINING CALENDAR



Prepared by Jill Marie Kenyon (RRCA)

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Walkers: ½ mi Joggers: 1 mi Runners: 2 mi
2 Rest	3 Strength/Cross Train/Rest	4 Walkers: ½ mi Joggers: 1 mi Runners: 2 ½ mi	5 Strength/Cross Train/Rest	6 Walkers: ½ mi Joggers: 1 mi Runners: 2 ½ mi	7 Rest	8 Walkers: 1 mi Joggers: 2 mi Runners: 5 mi
9 Walkers: ½ mi Joggers: 1 mi Runners: 3 mi	10 Strength/Cross Train/Rest	11 Walkers: ½ mi Joggers: 1 mi Runners: 2 ½ mi	12 Strength/Cross Train/Rest	13 Walkers: ½ mi Joggers: 1 mi Runners: 2 ½ mi	14 Rest	15 Walkers: 1 mi Joggers: 2 mi Runners: 5 mi
16 Walkers: ½ mi Joggers: 1 mi Runners: 3 mi	17 Strength/Cross Train/Rest	18 Walkers: 1 mi Joggers: 1 ½ mi Runners: 3 mi	19 Strength/Cross Train/Rest	20 Walkers: 1 mi Joggers: 1 ½ mi Runners: 3 mi	21 Rest	22 Walkers: 1 mi Joggers: 2 ½ mi Runners: 6 mi
23 W: ½ mi J: 1 ½ mi R: 3 mi 30	24 Strength Cross Train Rest 31	25 Walkers: 1 ½ mi Joggers: 2 mi Runners: 3 mi	26 Strength/Cross Train/Rest	27 Walkers: 1 ½ mi Joggers: 2 mi Runners: 3 mi	28 Rest	29