

Allstate Sugar Bowl Crescent City Classic 10K Training Calendar

January 11th - 17th

	Mon.(1/11)	Tues.(1/12)	Wed.(1/13)	Thurs.(1/14)	Fri.(1/15)	Sat.(1/16)	Sun. (1/17)
Walkers	Strength/Cross Train/Rest	.50 mi	S/CT/Rest	.50 mi	Rest	1 mi	.50 mi
Joggers	Strength/Cross Train/Rest	1 mi	S/CT/Rest	1 mi	Rest	2 mi	1 mi
Runners	Strength/Cross Train/Rest	2.5 mi	S/CT/Rest	2.5 mi	Rest	5 mi	3 mi

January 18th - 24th

	Mon.(1/18)	Tues.(1/19)	Wed.(1/20)	Thurs.(1/21)	Fri.(1/22)	Sat.(1/23)	Sun. (1/24)
Walkers	Strength/Cross Train/Rest	1 mi	S/CT/Rest	1 mi	Rest	1.5 mi	.50 mi
Joggers	Strength/Cross Train/Rest	1.5 mi	S/CT/Rest	1.5 mi	Rest	2.5 mi	1.5 mi
Runners	Strength/Cross Train/Rest	3 mi	S/CT/Rest	3 mi	Rest	6 mi	3 mi

January 25th – 31st

	Mon.(1/25)	Tues.(1/26)	Wed.(1/27)	Thurs.(1/28)	Fri.(1/29)	Sat.(1/30)	Sun. (1/31)
Walkers	Strength/Cross Train/Rest	1.5 mi	S/CT/Rest	1.5 mi	Rest	2 mi	1 mi
Joggers	Strength/Cross Train/Rest	2 mi	S/CT/Rest	2 mi	Rest	2.5 mi	2 mi
Runners	Strength/Cross Train/Rest	3 mi	S/CT/Rest	3 mi	Rest	7 mi	3.5 mi

February 1st – 7th

	Mon.(2/1)	Tues.(2/2)	Wed.(2/3)	Thurs.(2/4)	Fri.(2/5)	Sat.(2/6)	Sun. (2/7)
Walkers	Strength/Cross Train/Rest	2 mi	S/CT/Rest	2 mi	Rest	3 mi	2 mi
Joggers	Strength/Cross Train/Rest	2 mi	S/CT/Rest	2 mi	Rest	3.5 mi	2 mi

Runners	Strength/Cross Train/Rest	4 mi	S/CT/Rest	Speed A	Rest	8 mi	5 mi
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February 8th – 14th

	Mon.(2/8)	Tues.(2/9)	Wed.(2/10)	Thurs.(2/11)	Fri.(2/12)	Sat.(2/13)	Sun. (2/14)
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Walkers	Strength/Cross Train/Rest	2 mi	S/CT/Rest	2 mi	Rest	3 mi	2 mi
Joggers	Strength/Cross Train/Rest	2 mi	S/CT/Rest	2 mi	Rest	3.5 mi	2 mi
Runners	Strength/Cross Train/Rest	4 mi	S/CT/Rest	Speed A	Rest	8 mi	5 mi

February 15th – 21st

	Mon.(2/15)	Tues.(2/16)	Wed.(2/17)	Thurs.(2/18)	Fri.(2/19)	Sat.(2/20)	Sun. (2/21)
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Walkers	Strength/Cross Train/Rest	2 mi	S/CT/Rest	3.5 mi	Rest	3 mi	2 mi
Joggers	Strength/Cross Train/Rest	2 mi	S/CT/Rest	3.5 mi	Rest	3.5 mi	2 mi
Runners	Strength/Cross Train/Rest	5 mi	S/CT/Rest	Speed B	Rest	9 mi	5 mi

February 22nd – 28th

	Mon.(2/22)	Tues.(2/23)	Wed.(2/24)	Thurs.(2/25)	Fri.(2/26)	Sat.(2/27)	Sun. (2/28)
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Walkers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	4 mi	2 mi
Joggers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	4 mi	2 mi
Runners	6 mi	5 mi	S/CT/Rest	Speed B	Rest	9 mi	5 mi

March 1st – 7th

	Mon.(3/1)	Tues.(3/2)	Wed.(3/3)	Thurs.(3/4)	Fri.(3/5)	Sat.(3/6)	Sun. (3/7)
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Walkers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	5 mi	2 mi
Joggers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	5 mi	2 mi
Runners	7 mi	5 mi	S/CT/Rest	Speed B	Rest	9 mi	5 mi

March 8th – 14th

	Mon.(3/8)	Tues.(3/9)	Wed.(3/10)	Thurs.(3/11)	Fri.(3/12)	Sat.(3/13)	Sun. (3/14)
Walkers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	5 mi	2 mi
Joggers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	5 mi	2 mi
Runners	7 mi	5 mi	S/CT/Rest	Speed C	Rest	10 mi	5 mi

March 15th – 21st

	Mon.(3/15)	Tues.(3/16)	Wed.(3/10)	Thurs.(3/17)	Fri.(3/18)	Sat.(3/19)	Sun. (3/20)
Walkers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	5 mi	3 mi
Joggers	Strength/Cross Train/Rest	3 mi	S/CT/Rest	4 mi	Rest	5 mi	3 mi
Runners	8 mi	5 mi	S/CT/Rest	Speed C	Rest	10 mi	5 mi

March 22nd – 28th

	Mon.(3/22)	Tues.(3/23)	Wed.(3/24)	Thurs.(3/25)	Fri.(3/26)	Sat.(3/27)	Sun. (3/28)
Walkers	3 mi	4 mi	S/CT/Rest	4 mi	Rest	6 mi	2 mi
Joggers	3 mi	4 mi	S/CT/Rest	4 mi	Rest	6 mi	3 mi
Runners	8 mi	5 mi	S/CT/Rest	Speed C	Rest	10 mi	5 mi

March 29th – April 3rd Race Day

	Mon.(3/29)	Tues.(3/30)	Wed.(3/31)	Thurs.(4/1)	Fri.(4/2)	Sat.(4/3)
Walkers	2 mi	3 mi	Rest	3 mi	Rest	CCC 10k
Joggers	3 mi	3 mi	Rest	3 mi	Rest	RACE
Runners	5 mi	Speed D	Rest	3 mi	Rest	DAY!

SPEED BREAKDOWN:

*Always start with a 1 mile warmup & finish with a 1 mile cooldown.

SPEED A: 30/20/10 (5 TIMES), REST FOR 4 MINUTES & REPEAT SET

30 seconds easy, 20 second jog, 10 second sprint - repeat this set 5 times in a row, rest for 4 minutes & do the set again. You are in charge of your intensity level.

SPEED B: 20/20/20 (5 TIMES), REST FOR 4 MINUTES & REPEAT SET

20 seconds easy, 20 second jog, 20 second sprint - repeat this set 5 times in a row, rest for 4 minutes & do the set again. You are in charge of your intensity level.

SPEED C: 30/30 (5 TIMES), REST FOR 4 MINUTES & REPEAT SET

30 second jog, 30 second sprint - repeat this set 5 times in a row, rest for 4 minutes & do the set again. You are in charge of your intensity level.

SPEED D: 30/20/10 (5 TIMES)

30 seconds easy, 20 second jog, 10 second sprint – repeat this set 5 times in a row. You are in charge of your intensity level.