

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY 2010</h1>					<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>	<b>Always consult with Your physician before beginning a new fitness program</b>
<b>Crescent City Classic Training Program</b>						
					1  Walkers: Walk 1 mi Joggers: Walk 2 mi Runners: Run 3 mi	2  Walkers: Walk 1 1/4 mi Joggers: Walk 3 mi Runners: Run 6 mi
3  Walkers: Walk 3/4 mi Joggers: Walk 1 1/2 mi, jog 1/2 mi, walk 1/2 mi Runners: Run 3 mi	4  Walkers: Walk 1 1/4 mi Joggers: Walk 1 mi, jog 1/2 mi, walk 1/2 mi Runners: Run 4 mi	5  Walkers: Rest Joggers: Rest Runners: Rest	6  Walkers: Walk 1 1/4 mi Joggers: Walk 1 mi, jog 1/2 mi, walk 1/2 mi Runners: Run 5 mi	7  Walkers: Walk 1 mi Joggers: Walk 1 mi, jog 1/2 mi, walk 1/2 mi Runners: Run 3 mi	8  Walkers: Rest Joggers: Rest Runners: Rest	9  Walkers: Walk 1 1/2 mi Joggers: Walk 1 mi, jog 3/4 mi, walk 1/4 mi Runners: Run 7 mi
10  Walkers: Walk 1 1/4 mi Joggers: Walk 1 mi, Jog 1/2 mi, walk 1/2 mi Runners: Run 3 mi	11  Walkers: Walk 2 mi Joggers: Walk 1 mi, jog 1 mi Runners: Run 4 mi	12  Walkers: Rest Joggers: Rest Runners: Rest	13  Walkers: Walk 1 1/2 mi Joggers: Walk 1 mi, jog 1 mi Runners: Run 6 mi	14  Walkers: Walk 2 mi Joggers: Walk 1 mi, jog 1 mi, Runners: Run 3 mi	15  Walkers: Rest Joggers: Rest Runners: Rest	16  Walkers: Walk 2 mi Joggers: Walk 1/2 mi, jog 1 1/2 mi, walk 1/2 mi Runners: Run 8 mi
17  Walkers: Walk 1 mi Joggers: Walk 1 mi, jog 1 mi Runners: Run 4 mi	18  Walkers: Walk 1 1/2 mi Joggers: Walk 1/2 mi, jog 1 mi, walk 1/2 mi Runners: Run 4 mi	19  Walkers: Rest Joggers: Rest Runners: Rest	20  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	21  Walkers: Walk 1 1/2 mi Joggers: Walk 1/2 mi, jog 1 mi, walk 1/2 mi Runners: Run 4 mi	22  Walkers: Rest Joggers: Rest Runners: Rest	23  Walkers: Walk 2 1/2 mi Joggers: Jog 2 mi Runners: Run 8 mi
24  Walkers: Walk 1 1/2 mi Joggers: Jog 1 1/2 mi Runners: Run 3 mi	25  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	26  Walkers: Rest Joggers: Rest Runners: Rest	27  Walkers: walk 2 1/2 mi Joggers: Jog 2 1/2 mi Runners: Run 6 mi	28  Walkers: Walk 1 1/2 mi Joggers: Jog 1 1/2 mi Runners: Run 4 mi	29  Walkers: Rest Joggers: Rest Runners: Rest	30  Walkers: Walk 2 1/2 mi Joggers: Jog 2 1/2 mi Runners: Run 9 mi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>FEBRUARY 2010</h1> <h2>Crescent City Classic Training Program</h2>					<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>	<b>Always consult with Your physician before beginning a new fitness program</b>
January 31  Walkers: Walk 1 1/2 mi Joggers: Jog 1 1/2 mi Runners: Run 3 mi	1  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	2  Walkers: Rest Joggers: Rest Runners: Rest	3  Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 6 mi	4  Walkers: Walk 1 ½ mi Joggers: Jog 1 ½ mi Runners: Run 4 mi	5  Walkers: Rest Joggers: Rest Runners: Rest	6  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 10 mi
7  Walkers: Walk 1 1/2 mi Joggers: Jog 1 1/2 mi Runners: Run 3 mi	8  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	9  Walkers: Rest Joggers: Rest Runners: Rest	10  Walkers: Walk 3 mi Joggers: Jog 3 mi <b>Runners: Speed Work 1*</b>	11  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	12  Walkers: Rest Joggers: Rest Runners: Rest	13  Walkers: Walk 3 1/2 mi Joggers: Jog 3 1/2 mi Runners: Run 10 mi
14  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	15  Walkers: Walk 2 1/2 mi Joggers: Jog 2 1/2 mi Runners: Run 6 mi	16 HAPPY MARDI GRAS  Walkers: Rest Joggers: Rest Runners: Rest	17  Walkers: Walk 3 ½ mi Joggers: Jog 3 ½ mi <b>Runners: Speed Work 1*</b>	18  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	19  Walkers: Rest Joggers: Rest Runners: Rest	20  Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Run 10 mi
21  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	22  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	23  Walkers: Rest Joggers: Rest Runners: Rest	24  Walkers: Walk 4 mi Joggers: Jog 4 mi <b>Runners: Speed Work 1*</b>	25  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	26  Walkers: Rest Joggers: Rest Runners: Rest	27  Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Run 10 mi
28  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MARCH 2010</h1> <b>Crescent City Classic Training Program</b>					<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>	<b>Always consult with Your physician before beginning a new fitness program</b>
	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 <b>Runners: Speed Work 1*</b>	4 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	5 Walkers: Rest Joggers: Rest Runners: Rest	6 Walkers: Walk 4 ½ mi Joggers: Jog 4 ½ mi Runners: Run 10 mi
7 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	8 Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Run 6 mi	9 Walkers: Rest Joggers: Rest Runners: Rest	10 Walkers: Walk 4 mi Joggers: Jog 4 mi <b>Runners: Speed Work 2*</b>	11 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	12 Walkers: Rest Joggers: Rest Runners: Rest	13 Walkers: Walk 5 mi Joggers: Jog 5 mi Runners: Run 10 mi
14 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	15 Walkers: Walk 3 mi Joggers: Jog 43mi Runners: Run 6 mi	16 Walkers: Rest Joggers: Rest Runners: Rest	17 Walkers: Walk 4 ½ mi Joggers: Jog 4 ½ mi <b>Runners: Speed Work 2*</b>	18 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	19 Walkers: Rest Joggers: Rest Runners: Rest	20 Walkers: Walk 5 ½ mi Joggers: Jog 5 ½ mi Runners: Run 10 mi
21 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	22 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	23 Walkers: Rest Joggers: Rest Runners: Rest	24 Walkers: Walk 4 mi Joggers: Jog 4 mi <b>Runners: Speed Work 2*</b>	25 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4	26 Walkers: Rest Joggers: Rest Runners: Rest	27 Walkers: Walk 6 mi Joggers: Jog 6 mi Runners: Run 10 mi
28 Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3 mi	29 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 5 mi	30 Walkers: Rest Joggers: Rest Runners: Rest	31 Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>APRIL 2010</h1>					<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>	Always consult with Your physician before beginning a new fitness program
<b>Crescent City Classic Training Program &amp; Interim Health/Fitness Training Program</b>						
				1  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 3	2  Walkers: Rest Joggers: Rest Runners: Rest	3 <b>Crescent City Classic Race Day Walk, Jog, Run 6.2 mi</b>  <b>HAVE FUN!</b>
4  <b>REST</b>	5  <b>REST</b>	6 <b>Keep training and participate in all the Crescent City Classic series of road races in 2010.</b> <a href="http://www.CCC10K.com">www.CCC10K.com</a> <b>has further details.</b>	7  Walkers: Walk 3 mi Joggers: Jog 3 mi	8  Walkers: Walk 2 mi Joggers: Jog 2 mi	9  Walkers: Rest Joggers: Rest	10  Walkers: Walk 4 miles Joggers: Jog 4 mi
11  Walkers: Walk 2 mi Joggers: Jog 2 mi	12  Walkers: Walk 3 miles Joggers: Jog 3 mi	13  Walkers: Rest Joggers: Rest	14  Walkers: Walk 4 miles Joggers: Jog 4 mi	15  Walkers: Walk 2 mi Joggers: Jog 2 mi	16  Walkers: Rest Joggers: Rest	17  Walkers: Walk 4 miles Joggers: Jog 4 mi
18  Walkers: Walk 2 mi Joggers: Jog 2 mi	19  Walkers: Walk 3 miles Joggers: Jog 3 mi	20  Walkers: Rest Joggers: Rest	21  Walkers: Walk 4 miles Joggers: Jog 4 mi	22  Walkers: Walk 2 mi Joggers: Jog 2 mi	23  Walkers: Rest Joggers: Rest	24  Walkers: Walk 4 miles Joggers: Jog 4 mi
25  Walkers: Walk 2 mi Joggers: Jog 2 mi	26  Walkers: Walk 3 miles Joggers: Jog 3 mi	27  Walkers: Rest Joggers: Rest	28  Walkers: Walk 4 miles Joggers: Jog 4 mi	29  Walkers: Walk 2 mi Joggers: Jog 2 mi	30  Walkers: Rest Joggers: Rest	