

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2008</h1> <h2>Crescent City Classic Training Program</h2>						
<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>	Always consult with Your physician before beginning a new fitness program	1  <b>HAPPY NEW YEAR!</b>	2  Walkers: Walk ½ mi Joggers: Walk 2 mi Runners: Run 4 mi	3  Walkers: Walk ½ mi Joggers: Walk 2 mi Runners: Run 3 mi	4  Walkers: Rest Joggers: Rest Runners: Rest	5  Walkers: Walk ¾ mi Joggers: Walk 2 ½ mi Runners: Run 6 mi
6  Walkers: Walk ½ mi Joggers: Walk 2 mi Runners: Run 3 mi	7  Walkers: Walk ¾ mi Joggers: Walk 2 ½ mi Runners: Run 4 mi	8  Walkers: Rest Joggers: Rest Runners: Rest	9  Walkers: Walk 1 mi Joggers: Walk 2 ½ mi Runners: Run 5 mi	10  Walkers: Walk 1 mi Joggers: Walk 2 mi Runners: Run 3 mi	11  Walkers: Rest Joggers: Rest Runners: Rest	12  Walkers: Walk 1 ¼ mi Joggers: Walk 3 mi Runners: Run 7 mi
13  Walkers: Walk ¾ mi Joggers: Walk 1 ½ mi Runners: Run 3 mi	14  Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, jog ½ mi, Walk ½ mi Runners: Run 4 mi	15  Walkers: Rest Joggers: Rest Runners: Rest	16  Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog ½ mi, walk ½ mi Runners: Run 5 mi	17  Walkers: Walk 1 mi Joggers: Walk 1 mi, jog ½ mi, walk ½ mi Runners: Run 3 mi	18  Walkers: Rest Joggers: Rest Runners: Rest	19  Walkers: Walk 1 ½ mi Joggers: Walk 1 mi, jog ¾ mi, walk ¼ mi Runners: Run 8 mi
20  Walkers: Walk 1 ¼ mi Joggers: Walk 1 mi, Jog ½ mi, walk ½ mi Runners: Run 3 mi	21  Walkers: Walk 2 mi Joggers: Walk 1 mi, jog 1 mi Runners: Run 4 mi	22  Walkers: Rest Joggers: Rest Runners: Rest	23  Walkers: Walk 1 ½ mi Joggers: Walk 1 mi, jog 1 mi Runners: Run 6 mi	24  Walkers: Walk 2 mi Joggers: Walk 1 mi, jog 1 mi Runners: Run 3 mi	25  Walkers: Rest Joggers: Rest Runners: Rest	26  Walkers: Walk 2 mi Joggers: Walk ½ mi, jog 1 ½ mi, walk ½ mi Runners: Run 9 mi
27  Walkers: Walk 1 mi Joggers: Walk 1 mi, jog 1 mi Runners: Run 4 mi	28  Walkers: Walk 1 ½ mi Joggers: Walk ½ mi, jog 1 mi, walk ½ mi Runners: Run 4 mi	29  Walkers: Rest Joggers: Rest Runners: Rest	30  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 6 mi	31  Walkers: Walk 1 ½ mi Joggers: Walk ½ mi, jog 1 mi, walk ½ mi Runners: Run 4 mi		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2008</h1> <h2>Crescent City Classic Training Program</h2>						
<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>					1  Walkers: Rest Joggers: Rest Runners: Rest	2  Walkers: Walk 2 1/2 mi Joggers: Jog 2 1/2 mi Runners: Run 10 mi
3  Walkers: Walk 1 ½ mi Joggers: Jog 1 ½ mi Runners: Run 4 mi	4  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	5  Walkers: Rest Joggers: Rest Runners: Rest	6  Walkers: walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	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 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	11  Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi Runners: Run 6 mi	12  Walkers: Rest Joggers: Rest Runners: Rest	13  Walkers: Walk 3 ½ mi Joggers: Jog 3 ½ 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 1/2 mi Joggers: Jog 3 1/2 mi Runners: Run 10 mi
17  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	18  Walkers: Walk 3 mi Joggers: Jog 3 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 4 mi Joggers: Jog 4 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 ½ mi Joggers: Jog 4 ½ mi Runners: Speed Work 1*	28  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	29  Walkers: Rest Joggers: Rest Runners: Rest	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2008</h1> <h2>Crescent City Classic Training Program</h2>						
<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>						1  Walkers: Walk 4 1/2 mi Joggers: Jog 4 1/2 mi Runners: Run 10 mi
2  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	3  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	4  Walkers: Rest Joggers: Rest Runners: Rest	5  Walkers: Walk 4 ½ mi Joggers: Jog 4 ½ mi Runners: Speed Work II*	6  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	7  Walkers: Rest Joggers: Rest Runners: Rest	8  Walkers: Walk 5mi Joggers: Jog 5mi Runners: Run 10 mi
9  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	10  Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Run 6 mi	11  Walkers: Rest Joggers: Rest Runners: Rest	12  Walkers: Walk 5 mi Joggers: Jog 5 mi Runners: Speed Work II*	13  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	14  Walkers: Rest Joggers: Rest Runners: Rest	15  Walkers: Walk 6 mi Joggers: Jog 6mi Runners: Run 10 mi
16  Walkers: Walk 2 mi Joggers: Jog 2 mi Runners: Run 4 mi	17  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 6 mi	18  Walkers: Rest Joggers: Rest Runners: Rest	19  Walkers: Walk 4 mi Joggers: Jog 4 mi Runners: Run 5	20  Walkers: Walk 3 mi Joggers: Jog 3 mi Runners: Run 4 mi	21  Walkers: Rest Joggers: Rest Runners: Rest	22  <b>Crescent City Classic Race Day 6.2 mi HAVE FUN!</b>
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 data-bbox="128 220 743 350">April 2008</h1> <p data-bbox="128 354 730 386">Crescent City Classic Training Program</p>					<p data-bbox="1455 185 1671 326"><b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b></p>	
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8	9	10	11	12	13	14
16	17	18	19	20	21	22
23	24	25	26	27	28	29