



Crescent City Classic 2014 10k Training Schedule

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*All runners should consult their physician before initiating this training program. It is important to inform your personal physician of all family health history.

Walkers and Joggers

The Crescent City Classic Walker and Jogger Programs are written for beginning walkers and joggers who wish to train for the Allstate Sugar Bowl Crescent City Classic 10k Road Race on April 19, 2014. Those training should try to stick to the printed schedule for best results. If you are already a regular walker and wish to train to jog the Classic, this jogging program will help you. Both programs are designed to allow you to train slowly, but surely, to complete the race without injury. The training program is Tried and True: year in and year out this 10k Training Program has helped thousands of people train safely and participate in this great event – all while enjoying the healthy benefits of exercise!

Runners

This is the 10th year that we have included a 10k Training Program for Runners. This schedule is designed for people who are ALREADY joggers averaging approximately 17 – 18 miles/wk and wish to "RUN" the race against the clock. This is a schedule that will allow the jogger a framework to train for additional distance AND for time. It is a basic program and easy to follow. Phase 1 of the program will emphasize distance for endurance, and then, Phase 2 will maintain the weekly training mileage while incorporating a progression to once a week speed-training workouts.

IMPORTANT NOTE: the runner schedule will not increase distance and speed at the same time - that would be a prescription for injury.

Speed Training

During the first training month Runners' distance will increase from a long run of 6 miles, to a long run of 10 miles. Once that distance has been achieved and total mileage/week has increased from approximately 17 - 20 miles/wk to 30miles/wk, the weekly mileage will plateau and then speed work will begin. It will take the musculoskeletal system

time to adjust to the additional stress of increased mileage. If, at any time, you feel discomfort that persists during a run or over time, DO NOT continue to increase mileage and/or speed. Consult your physician should discomfort persist.

Speed work will be very simple and will be placed in the middle of the week, thus allowing recovery time before and after longer weekend runs.

There will be 2 Speed Workout Progressions. Speed Workout 1 will begin on February 5, 2014 followed by a progression to Speed Workout 2 beginning on March 5, 2014. Each speed workout will begin with a 1-mile easy warm up jog followed by (at minimum) gentle stretching of the hamstring and calf muscles. Then an easy jog of another ¼ mile – ½ mile followed by interval training.

Training Tips

- Stretch for about 10 minutes before and after your workout. Breathe slowly and deeply as you stretch, as this helps deliver oxygen to your muscles.
- Drink water – hydration helps to promote circulation and prevent muscular fatigue.
- Be flexible but diligent in completing your daily and weekly goals. Use two rest days during the week trying not to take consecutive rest days.
- Run your daily miles in one session, without interruption.
- Gradually increase your miles according to the schedule. The variations in daily mileage throughout the schedule are placed so that your body has a chance to rest and heal itself. It also decreases the risk of stress fractures and other injuries.
- Stair steppers, stationary bikes, cross-country machines and treadmills are very useful when the weather is unfavorable, or for cross-training.
- Find a friend of like physical ability to train with – it will help keep both of you motivated.
- Remember: this schedule is not etched in stone – take your time. Listen To Your Body. Do No Harm! And most importantly, Have Fun!



SPEED WORKOUT I:

10 sec speed - run as fast as you can
30-second recovery – easy jog
20 sec speed, 30 sec recovery
30 sec speed, 30 sec recovery
20 sec speed, 30 sec recovery
10 sec speed, 30 sec recovery
Following the last recovery, jog an easy 1 - 2 miles, then finish the workout with stretching.

SPEED WORKOUT II:

10 sec speed, 30 sec recovery
20 sec speed, 30 sec recovery
30 sec speed, 30 sec recovery
40 sec speed, 30 sec recovery
50 sec speed, 30 sec recovery
60 sec speed, 30 sec recovery
50 sec speed, 30 sec recovery
40 sec speed, 30 sec recovery
30 sec speed, 30 sec recovery
20 sec speed, 30 sec recovery
10 sec speed, 30 sec recovery
Following the last recovery, jog an easy 1 - 2 miles, then finish the workout with stretching.

2014 Allstate Sugar Bowl Crescent City Classic Training Calendar

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			JAN 1 Walkers: walk ½ mi Joggers: walk 2 mi Runners: run 4 mi	JAN 2 Walkers: walk ½ mi Joggers: walk 1½ mi, jog ½ mi, walk ½ mi Runners: run 3 mi	JAN 3 Walkers: rest Joggers: rest Runners: rest	JAN 4 Walkers: walk ½ mi Joggers: walk 2 mi Runners: run 5 mi
JAN 5 Walkers: walk ½ mi Joggers: walk 1½ mi, jog ½ mi, walk ½ mi Runners: run 3 mi	JAN 6 Walkers: walk ¾ mi Joggers: walk 1 mi, jog ½ mi, walk ½ mi Runners: run 4 mi	JAN 7 Walkers: rest Joggers: rest Runners: rest	JAN 8 Walkers: walk 1 mi Joggers: walk 1 mi, jog ¾ mi, walk ¼ mi Runners: run 5 mi	JAN 9 Walkers: walk 1 mi Joggers: walk 2 mi Runners: run 3 mi	JAN 10 Walkers: rest Joggers: rest Runners: rest	JAN 11 Walkers: walk 1¼ mi Joggers: walk 1 mi, jog ¾ mi, walk ¼ mi Runners: run 6 mi
JAN 12 Walkers: walk ¾ mi Joggers: walk 1 mi, jog ½ mi, walk ½ mi Runners: run 3 mi	JAN 13 Walkers: walk 1¼ mi Joggers: walk 1 mi, jog ½ mi, walk ½ mi Runners: run 4 mi	JAN 14 Walkers: rest Joggers: rest Runners: rest	JAN 15 Walkers: walk 1¼ mi Joggers: walk 1 mi, jog ¾ mi, walk ¼ mi Runners: run 5 mi	JAN 16 Walkers: walk 1 mi Joggers: walk 1 mi, jog ½ mi, walk ½ mi Runners: run 3 mi	JAN 17 Walkers: rest Joggers: rest Runners: rest	JAN 18 Walkers: walk 1½ mi Joggers: walk 1 mi, jog 1 mi Runners: run 7 mi
JAN 19 Walkers: walk 1¼ mi Joggers: walk 1 mi, jog ½ mi, walk ½ mi Runners: run 4 mi	JAN 20 Walkers: walk 1¼ mi Joggers: walk 1 mi, jog 1 mi Runners: run 4 mi	JAN 21 Walkers: rest Joggers: rest Runners: rest	JAN 22 Walkers: walk 1½ mi Joggers: walk 1 mi, jog 1 mi Runners: run 6 mi	JAN 23 Walkers: walk 2 mi Joggers: walk 1 mi, jog 1 mi Runners: run 3 mi	JAN 24 Walkers: rest Joggers: rest Runners: rest	JAN 25 Walkers: walk 2 mi Joggers: walk ½ mi, jog 1½ mi, walk ½ mi Runners: run 8 mi
JAN 26 Walkers: walk 1½ mi Joggers: walk ½ mi, jog 1 mi, walk ½ mi Runners: run 3 mi	JAN 27 Walkers: walk 1¼ mi Joggers: jog 2 mi, jog 1 mi, walk ½ mi Runners: run 3 mi	JAN 28 Walkers: rest Joggers: rest Runners: rest	JAN 29 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 6 mi	JAN 30 Walkers: walk 1½ mi Joggers: walk ½ mi, jog 1½ mi Runners: run 4 mi	JAN 31 Walkers: rest Joggers: rest Runners: rest	FEB 1 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 9 mi
FEB 2 Walkers: walk 1½ mi Joggers: jog 1½ mi Runners: run 3 mi	FEB 3 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 6 mi	FEB 4 Walkers: rest Joggers: rest Runners: rest	FEB 5 Walkers: walk 2½ mi Joggers: jog 2½ mi Runners: Speed Work 1*	FEB 6 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	FEB 7 Walkers: rest Joggers: rest Runners: rest	FEB 8 Walkers: walk 3 mi Joggers: jog 2½ mi Runners: run 10 mi
FEB 9 Walkers: walk 1½ mi Joggers: jog 1½ mi Runners: run 3 mi	FEB 10 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 6 mi	FEB 11 Walkers: rest Joggers: rest Runners: rest	FEB 12 Walkers: walk 2½ mi Joggers: jog 2½ mi Runners: Speed Work 1*	FEB 13 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	FEB 14 Walkers: rest Joggers: rest Runners: rest	FEB 15 The "504k" Official Training Race for the CCC10k, benefitting Youth Run NOLA
FEB 16 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 3 mi	FEB 17 Walkers: walk 1½ mi Joggers: jog 1½ mi Runners: run 6 mi	FEB 18 Walkers: rest Joggers: rest Runners: rest	FEB 19 Walkers: walk 3 mi Joggers: jog 3 mi Runners: Speed Work 1*	FEB 20 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	FEB 21 Walkers: rest Joggers: rest Runners: rest	FEB 22 Walkers: walk 3½ mi Joggers: jog 3½ mi Runners: run 10 mi
FEB 23 Walkers: walk 2½ mi Joggers: jog 2½ mi Runners: run 3 mi	FEB 24 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 6 mi	FEB 25 Walkers: rest Joggers: rest Runners: rest	FEB 26 Walkers: walk 3 mi Joggers: jog 3 mi Runners: Speed Work 1*	FEB 27 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	FEB 28 Walkers: rest Joggers: rest Runners: rest	MAR 1 Walkers: walk 3½ mi Joggers: jog 3½ mi Runners: run 10 mi
MAR 2 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	MAR 3 Walkers: walk 2½ mi Joggers: jog 2½ mi Runners: run 6 mi	MAR 4 Walkers: rest Joggers: rest Runners: rest	MAR 5 Walkers: walk 3 mi Joggers: jog 3 mi Runners: Speed Work 2*	MAR 6 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	MAR 7 Walkers: rest Joggers: rest Runners: rest	MAR 8 Walkers: walk 4 mi Joggers: jog 4 mi Runners: run 10 mi
MAR 9 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	MAR 10 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 6 mi	MAR 11 Walkers: rest Joggers: rest Runners: rest	MAR 12 Walkers: walk 4 mi Joggers: jog 4 mi Runners: Speed Work 2*	MAR 13 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	MAR 14 Walkers: rest Joggers: rest Runners: rest	MAR 15 Walkers: walk 4 mi Joggers: jog 4 mi Runners: run 10 mi
MAR 16 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	MAR 17 Walkers: walk 2½ mi Joggers: jog 2½ mi Runners: run 6 mi	MAR 18 Walkers: rest Joggers: rest Runners: rest	MAR 19 Walkers: walk 4 mi Joggers: jog 4 mi Runners: Speed Work 2*	MAR 20 Walkers: walk 2½ mi Joggers: jog 2½ mi Runners: run 4 mi	MAR 21 Walkers: rest Joggers: rest Runners: rest	MAR 22 Walkers: walk 5 mi Joggers: jog 5 mi Runners: run 10 mi
MAR 23 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	MAR 24 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 6 mi	MAR 25 Walkers: rest Joggers: rest Runners: rest	MAR 26 Walkers: walk 4 mi Joggers: jog 4 mi Runners: Speed Work 2*	MAR 27 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 4 mi	MAR 28 Walkers: rest Joggers: rest Runners: rest	MAR 29 Walkers: walk 5 mi Joggers: jog 5 mi Runners: run 10 mi
MAR 30 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	MAR 31 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 6 mi	APR 1 Walkers: rest Joggers: rest Runners: rest	APR 2 Walkers: walk 4 mi Joggers: jog 4 mi Runners: Speed Work 2*	APR 3 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 4 mi	APR 4 Walkers: rest Joggers: rest Runners: rest	APR 5 Walkers: walk 5 mi Joggers: jog 5 mi Runners: run 10 mi
APR 6 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 4 mi	APR 7 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 6 mi	APR 8 Walkers: rest Joggers: rest Runners: rest	APR 9 Walkers: walk 4 mi Joggers: jog 4 mi Runners: Speed Work 2*	APR 10 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 4 mi	APR 11 Walkers: rest Joggers: rest Runners: rest	APR 12 Walkers: walk 6 mi Joggers: jog 6 mi Runners: run 10 mi
APR 13 Walkers: walk 3 mi Joggers: jog 3 mi Runners: run 4 mi	APR 14 Walkers: walk 4 mi Joggers: jog 4 mi Runners: run 4 mi	APR 15 Walkers: rest Joggers: rest Runners: rest	APR 16 Walkers: walk 5 mi Joggers: jog 5 mi Runners: walk 5 mi	APR 17 Walkers: walk 2 mi Joggers: jog 2 mi Runners: run 2 mi	APR 18 Walkers: rest Joggers: rest Runners: rest	APR 19 Crescent City Classic Race Day! Walk, Jog, Run 6.2 miles Have Fun!