

NEW ORLEANS 10K TRAINING CALENDAR

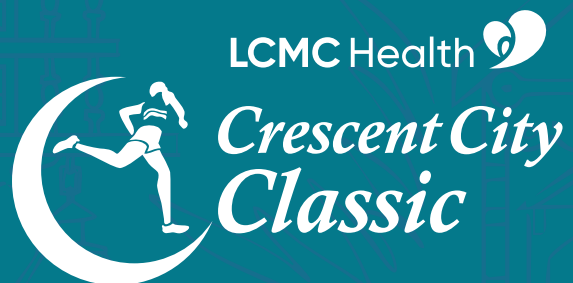


For more tips on training
and speed breakdowns, visit:
ccc10k.com/training-calendar

JANUARY 2026

Saturday - April 4, 2026
Sign up today at ccc10k.com
Prepared by Jill Marie Kenyon (RRCA)

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



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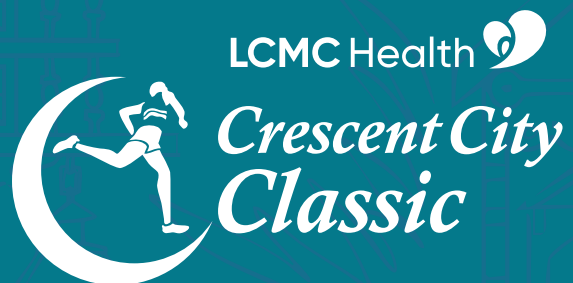


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FEBRUARY 2026

Saturday - April 4, 2026
Sign up today at ccc10k.com
Prepared by Jill Marie Kenyon (RRCA)

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



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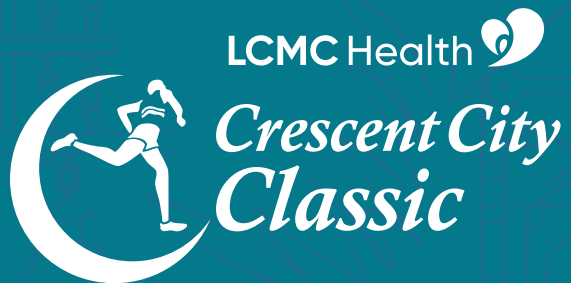


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MARCH 2026

Saturday - April 4, 2026
Sign up today at ccc10k.com
Prepared by Jill Marie Kenyon (RRCA)

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



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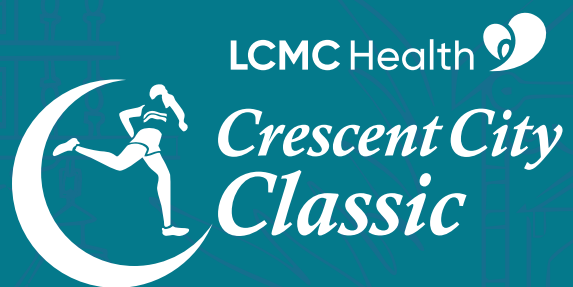


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APRIL 2026

Saturday - April 4, 2026
Sign up today at ccc10k.com
Prepared by Jill Marie Kenyon (RRCA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rest	2 Walkers: 3 mi Joggers: 3 mi Runners: 3 mi	3 Rest	4 Crescent City Classic



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SPEED BREAKDOWN

Always start with a 1 mile warmup and finish with a 1 mile cooldown

Speed A: 30-20-10

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

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

30 second jog | 30 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

30 seconds easy | 20 second jog | 10 second sprint

Repeat this set 5 times in a row. Do the set again.

You are in charge of your intensity level.