Helena High Distance Crew 2018-19 Season Training | Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	**10-Dec**	**11-Dec**	**12-Dec**	**13-Dec**	**14-Dec**	**15-Dec**	**16-Dec**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Boys / 20-25 miles	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy	Rest
Girls / 20-25 miles	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy	Rest
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest