Helena High Distance Crew 2018-19 Season Training | Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	**17-Dec**	**18-Dec**	**19-Dec**	**20-Dec**	**21-Dec**	**22-Dec**	**23-Dec**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Boys / 25-27 miles	5 miles easy	3-4 miles easy	5 miles easy	3-4 miles easy	4 miles easy	5 miles easy	Rest
Girls / 23-27 miles	5 miles easy	3-4 miles easy	4-5 miles easy	3-4 miles easy	3-4 miles easy	5 miles easy	Rest
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest