Helena High Distance Crew 2018-19 Season Training | Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	**24-Dec**	**25-Dec**	**26-Dec**	**27-Dec**	**28-Dec**	**29-Dec**	**30-Dec**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Boys / 28-30 miles	6 miles easy	4 miles easy	5 miles easy	4-5 miles easy, basic speed drills	4-5 miles easy	5 miles easy	Rest
Girls / 25-27 miles	5 miles easy	4 miles easy	5 miles easy	3-4 miles easy, basic speed drills	3-4 miles easy	5 miles easy	Rest
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest