Helena High Distance Crew 2018-19 Season Training | Week 4

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	**31-Dec**	**1-Jan**	**2-Jan**	**3-Jan**	**4-Jan**	**5-Jan**	**6-Jan**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Boys / 28-32 miles	6-7 miles easy	4-5 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