Helena High Distance Crew 2018-19 Season Training | Week 5

Day	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Date	**7-Jan**	**8-Jan**	**9-Jan**	**10-Jan**	**11-Jan**	**12-Jan**	**13-Jan**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Pack 1 / 25-30 miles; for max mileage, add one morning run or a Sunday run of 3 miles	1 mile easy, 4 at M pace (about 45-60 sec slower than 5K RP), LaGrande O&B	4 miles	5 miles easy, 6x100 strides	3-4 miles easy	3-4 miles easy, 6x100 strides	5 miles easy	Rest or easy
Pack 2 / 28-33 miles; for max mileage, add one morning run or a Sunday run of 3 miles	1 mile easy, 5 at M pace (about 45-60 sec slower than 5K RP), LaGrande/Hend	4 miles	5 miles easy, 6x100 strides	4-5 miles easy	4-5 miles easy, 6x100 strides	5 miles easy	Rest or easy
Pack 3 / 34-37 miles; for max mileage, add one morning run or a Sunday run of 3 miles	1 mile easy, 6 at M pace (about 45-60 sec slower than 5K RP), LaGrande/Joslyn	5 miles	5 miles easy, 6x100 strides	6 miles easy	5 miles easy, 6x100 strides	6 miles easy	Rest or easy
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest