Helena High Distance Crew 2018-19 Season Training | Week 6

Day	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Date	**14-Jan**	**15-Jan**	**16-Jan**	**17-Jan**	**18-Jan**	**19-Jan**	**20-Jan**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Pack 1 / 26-31 miles; for max mileage, add one morning run or a Sunday run of 3 miles	6 miles easy	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 / 32-35 miles; for max mileage, add one morning run or a Sunday run of 3 miles	7 miles easy	5 miles	5 miles easy, 6x100 strides	5 miles easy	5 miles easy, 6x100 strides	5 miles easy	Rest or easy
Pack 3 / 37-40 miles; for max mileage, add one morning run or a Sunday run of 3 miles	8 miles easy	6 miles	5 miles easy, 6x100 strides	6 miles easy	6 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