Helena High Distance Crew 2018-19 Season Training | Week 7

Day	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Date	**21-Jan**	**22-Jan**	**23-Jan**	**24-Jan**	**25-Jan**	**26-Jan**	**27-Jan**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Pack 1 / 27-30 miles; for max mileage, add one morning run or a Sunday run of 3 miles	1 miles easy, 4 at M pace (about 45-60 sec slower than 5K RP), LaGrande O&B	4 miles	5 miles easy, basic speed drills	2 mile warmup, 2x1 mile tempo, 2 mile cooldown	3-4 miles easy	4 miles easy, 6x100 strides	Rest or easy
Pack 2 / 33-36 miles; for max mileage, add one morning run or a Sunday run of 3 miles	2 miles easy, 5 at M pace (about 45-60 sec slower than 5K RP), LaGrande, Joslyn	5 miles	5 miles easy, basic speed drills	2 mile warmup, 2x1 mile tempo @ Centennial, 2 mile cooldown	5 miles easy	5 miles easy, 6x100 strides	Rest or easy
Pack 3 / 39-42 miles; for max mileage, add one morning run or a Sunday run of 3 miles	3 miles easy, 6 at M pace (about 45-60 sec slower than 5K RP), LaGrande Loop	6 miles	5 miles easy, basic speed drills	2 mile warmup, 3x1 mile tempo at Centennial, 2 mile cooldown	6 miles easy	6 miles easy, 6x100 strides	Rest or easy
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest