Helena High Distance Crew 2018-19 Season Training | Week 8

Day	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Date	**28-Jan**	**29-Jan**	**30-Jan**	**31-Jan**	**1-Feb**	**2-Feb**	**3-Feb**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Pack 1 / 28-31 miles; for max mileage, add one morning run or a Sunday run of 3 miles	6 miles easy (Grizzly Culch out-and-back)	5 miles	2 mile warmup, 2x1 mile tempo, 2 mile cooldown	4 miles easy, 6x100 strides	3-4 miles easy	4 miles easy, 6x100 strides	Rest or easy
Pack 2 / 35-38 miles; for max mileage, add one morning run or a Sunday run of 3 miles	8 miles easy (Grizzly Culch out-and-back)	6 miles	2 mile warmup, 2x1 mile tempo @ Centennial, 2 mile cooldown	5 miles easy, 6x100 strides	2 mile warmup, 2x2K tempo @ Centennial, 2 mile cooldown	5 miles easy, 6x100 strides	Rest or easy
Pack 3 / 42-45 miles; for max mileage, add one morning run or a Sunday run of 3 miles	10 miles easy (Grizzly Gulch Loop)	7 miles (can split into two runs)	2 mile warmup, 3x1 mile tempo at Centennial, 2 mile cooldown	5 miles easy, 6x100 strides	2 mile warmup, 3x2K tempo at Centennial, 2 mile cooldown	5 miles easy, 6x100 strides	Rest or easy
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest