Helena High Distance Crew 2018-19 Season Training | Week 10

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	**11-Feb**	**12-Feb**	**13-Feb**	**14-Feb**	**15-Feb**	**16-Feb**	**17-Feb**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Pack 1 / 28-32 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	4 miles easy	6 mile fartlek or SIMPLOT prelims	3-4 miles easy or SIMPLOT prelims	4-5 miles easy, 6x100 strides or SIMPLOT finals	Rest or easy
Pack 2 / 36-40 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; (Simplot competitors will have a workout)	6 miles easy or premeet	6 mile fartlek or SIMPLOT prelims	7 miles easy or SIMPLOT prelims	5-6 miles easy, 6x100 strides or SIMPLOT finals	Rest or easy
Pack 3 / 43-47 miles; for max mileage, add one morning run or a Sunday run of 3 miles	10 miles easy (Grizzly Gulch Loop)	7 miles; (Simplot competitors will have a workout)	6 miles easy or premeet	7 mile fartlek or SIMPLOT prelims	8 miles easy or SIMPLOT prelims (can split into two runs)	5-6 miles easy, 6x100 strides or SIMPLOT finals	Rest or easy
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest