Helena High Distance Crew 2018-19 Season Training | Week 11

Day	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Date	**18-Feb**	**19-Feb**	**20-Feb**	**21-Feb**	**22-Feb**	**23-Feb**	**24-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)	2 mile warmup, 4x1000 tempo, 1 minute rest, 2 mile cooldown	5 miles easy	2 mile WU, 1 mi tempo, 1x800 @ 3200 RP, 1x300 at mile, 2 mi CD	4 miles easy, 6x100 strides	4 miles easy, 6x100 strides	Rest or easy
Pack 2 / 38-41 miles; for max mileage, add one morning run or a Sunday run of 4-5 miles	8 miles easy (Grizzly Culch out-and-back)	2 mile warmup, 5x1000 tempo, 1 minute rest, 2 mile cooldown	6 miles easy	2 mile WU 1 mi tempo, 2x800 @ 3200 RP, 1x400 @ mile, 2 mi CD	5 miles easy, 6x100 strides	5 miles easy, 6x100 strides	Rest or easy
Pack 3 / 43-48 miles; for max mileage, add one morning run or a Sunday run of 4-5 miles	10 miles easy (Grizzly Gulch Loop)	2 mile warmup, 6x1000 tempo, 1 minute rest, 2 mile cooldown	7 miles easy (can split into two runs)	2 mile WU 2x1 mi tempo, 2x800 @ 3200 RP, 1x400 @ mile, 2 mi CD	5 miles easy, 6x100 strides	5 miles easy, 6x100 strides	Rest or easy
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest