Helena High Distance Crew 2018-19 Season Training | Week 12

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	**25-Feb**	**26-Feb**	**27-Feb**	**28-Feb**	**1-Mar**	**2-Mar**	**3-Mar**
Strength	Core	Legs		Core	Legs		Rest
Drills	Ladder		Wickets		Ladder		Rest
Pack 1 / 29-35 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, 2x1 mile tempo, 90 sec rest, 2 mile cooldown	5 miles easy, 6x100 strides	5 miles easy	4 miles easy	Crazy 8s: 2 mile warmup, 2x800 @ T, w/1 min rest, 2x800 @ 5K pace w/ equal rest, 1-2x800 @ 3200 race pace w/equal rest, 1-2x400 @ 800 pace, 2 mile cooldown (6.5-7.5 miles total); Can adjust for Pack 1	Rest or easy
Pack 2 / 41-45 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, 3x1 mile tempo, 90 sec rest, 2 mile cooldown	6 miles easy, 6x100 strides	2 WU, 1 mile tempo, 1x1000 @ 5K RP, 2x400 @ mile RP, 2 CD	6 miles easy		Rest or easy
Pack 3 / 47-52 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, 4x1 mile tempo, 90 sec rest, 2 mile cooldown	7 miles easy, 6x100 strides	2 WU, 2 mile tempo, 2x1000 @ 5K RP, 2x400 @ mile RP, 2 CD	6 miles easy (can split into two runs)		Rest or easy
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Rest