# Helena High Distance Crew 2018-19 Season Training | Week 9

| **Day** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|---|---|---|---|---|---|---|---|
| **Date** | **4-Feb** | **5-Feb** | **6-Feb** | **7-Feb** | **8-Feb** | **9-Feb** | **10-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 | 1 mile easy, 5 miles at M pace miles easy, LaGrande/Hend | 5 miles | 4 miles easy, basic speed drills | 2 mile warmup, 2x1 mile tempo, 2 mile cooldown | 3-4 miles easy | 4-5 miles easy, 6x100 strides | Rest or easy |
| **Pack 2 / 36-40 miles;** for max mileage, add one morning run or a Sunday run of 3 miles | 1 mile easy, 6 miles at M pace, 1 mile easy, LaGrande/Josl + | 6 miles | 6 miles easy, basic speed drills | 2 mile warmup, 2x1 mile tempo @ Centennial, 2 mile cooldown | 7 miles easy | 5-6 miles easy, 6x100 strides | Rest or easy |
| **Pack 3 / 43-47 miles;** for max mileage, add one morning run or a Sunday run of 3 miles | 1 mile easy, 6 miles at M pace, 3 miles easy, LaGrande Loop + | 7 miles (can split into two runs) | 6 miles easy, basic speed drills | 2 mile warmup, 3x1 mile tempo at Centennial, 2 mile cooldown | 8 miles easy (can split into two runs) | 5-6 miles easy, 6x100 strides | Rest or easy |
| **Dynamic warmup** | Yes | | Yes | | Yes | | Rest |
| **Static stretch after** | Yes | Yes | Yes | Yes | Yes | Yes | Rest |