HILL WORKOUTS

1. Introduction

Runners have traditionally trained on hills, but why?

Physically, training on hills builds muscle strength. Hill sprints or repeats can help improve running economy and running form, which translates into less energy expended over the course of a long-distance race.

Benefits of hill reps include:

● Burn more calories.
● Help prevent common injuries.
● Increase your speed.
● Increase your endurance.

2. Tips for Running Hills

Running Up

● Try to maintain a fast cadence.
● Think about your ground contact and 'springing' back off the ground as soon as possible after contact.
● Fight the urge to lean too far forwards.
● Don't forget to use your arms - The faster your arms move, the faster your legs will move too.
● Even if you're not going to race off-road, it's worth doing it in training.
● Look up and ahead to spot your next foot placement rather than looking directly at the floor.

Running Down

● Avoid the temptation to lean back on the downhills.
● Increase cadence, rather than lengthening strides (which will brake your speed) i.e. minimise your contact with the ground.
● Use your arms for balance.
● Engage your core.
● Look down the hill, not at your feet.
● Be careful of the terrain is rough and uneven.

3. Sessions

Session 1 - For Road Speed, 30-second hill sprints at a 5% to 10% incline
● Warm-up with 1 to 1.5 miles of easy running.
● Dynamic drills such as high knees, skips, and lunges before beginning the incline.
● Take each 30-second hill repeat at a nearly all-out speed (at about the 25-second mark, you should be wondering if you'll make it to 30 seconds).
● Rest with a walk or an easy jog for 2 to 3 minutes in between.
● Start with 5 to 8 repetitions and work your way up to 12 to 14.

Session 2 - For Long Trail Runs, 3-minute hill intervals at a 10% incline
● After a warmup and drills (see above).
● Take the longer hill repeats at a pace slightly slower than all-out (about 70% of the speed you can sustain for two minutes).
● Jog or walk three minutes to rest (or longer if your heart still feels like it's pounding).
● Repeat 2 to 3 times initially and work up to 6.

Session 3 - For Hilly Race Courses, 60-second hill repetitions at a 4% to 5% grade, followed by race-pace miles.
● Warm-up for 2 to 3 easy miles.
● Then do 6 to 8 hill repeats at an effort of 7 out of 10.
● Jog downhill for the recovery.
● Take 1 mile easy (more advanced runners can skip this step).
● Then run 1 to 3 miles at goal race pace before a 1- mile cooldown.

Chorley Athletic & Triathlon Club