

## Training Document: Hill Training

Hill training strengthens the legs for running, better than any other activity I know. At the same time it can help you maximize your stride length, increase leg speed, and improve your ability to run hills in races. The hill training segments provide a gentle introduction to faster running, while improving your capacity to perform the speed-work later in the program.

### The Hill Workout

- » Walk for 5 minutes
- » Warmup: Jog and walk to a hill—about 10 minutes. Jog a minute and walk a minute (a longer warmup is fine).
- » Do 4 acceleration-gliders. These are listed in the “Drills” chapter (don’t sprint).
- » Reverse the warmup as your warm down.
- » Choose a hill with a gentle grade—steep hills often cause problems and bestow no benefit.
- » Walk to the top of the hill. Then step off the length of your hill segment by walking down from the top:
  - 50 walking steps for those new to hill training
  - 100-150 steps for those who have done very little speed work before
  - 150-200 steps for those who have done speedwork, but not within the past 6 months
  - 200-300 steps for those who have been doing regular speedwork
- » Mark the place after you count the steps. This is where each hill starts.
- » Run up the hill for 5 seconds, and then down for 5 seconds. Walk for 30-60 seconds. Repeat this 5-10 times. This finalizes the warmup.
- » Walk for 3-4 minutes
- » Run the first few steps of each hill acceleration at a jog, then gradually pick up the turnover of the feet as you go up the hill
- » Get into a comfortable rhythm, so that you can gradually increase this rhythm or turnover (# of RPM’s of feet and legs) as you go up the hill.
- » Run with a relaxed stride—and keep shortening stride as you go up the hill