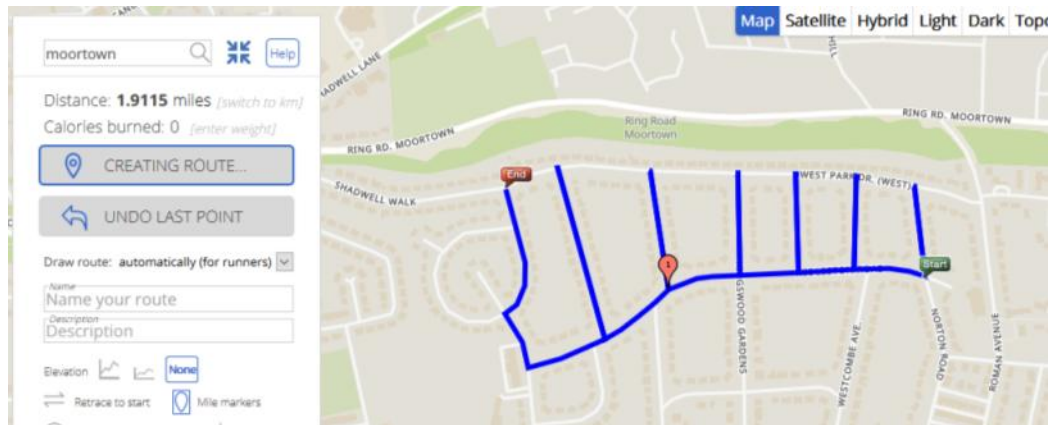


## Hill 'sprints' (lockdown version)

**Session:** Short Hill repetitions for building speed and speed endurance.

**You will need:** Appropriate clothing, including a high-vis top if doing these on the road.

**Location:** An appropriate incline to run up – the hill should not be too steep, nor too long. This is not a hill session! It is about building leg turn over. Something gradual and between 150-300m long is ideal. A good example would be something like the hill from the gate onto Burley Moor and the Hermit, but slightly less steep. If you can find several hills like at Moortown, this works even better and breaks up the monotony!



This is an example using the Moortown Hill reps. If you are using the same hill to do reps, and it is on the longer side, you could mix it up by doing the full length of the hill and then do halfway up or similar. Or you could do something like 15s and 30s efforts.

**Session Plan:** The aim of this session is to develop running speed and build running economy.

- Warm up run of 5-10mins
- Run hard up the hill – this effort should be as hard as you can without going anaerobic (i.e. it is not a sprint).
- **Walk** back down the hill
- If moving to another hill, jog gently to it. If staying with the same hill, take 10-15s before repeating the hill
- The total recovery time should be approx 2-4 times as long as it took you to do the rep.
- Do approximately 10-15 repetitions, depending on the length of the hill(s).
- After the last rep, collect all cones in and do a 5min jog to cool down. Followed by stretching as required.