

Short hills (lockdown version)

Session: Short Hills – either 4 sets of 5x30s or 3 sets of (30s, 60s, 30s, 60s, 30s) hills.

You will need: Appropriate clothing, including a high-vis top if doing these on the road, and a watch to time your efforts.

Location: Any hill – nothing too steep – you should be able to run up these at a reasonable pace, but these can be done over a range of hills and terrains. Ideally you can pick a few different hills and thus do each set up a different one.

Session Plan: The aim of the session is to develop endurance and build running economy.

- Warm up for 5-10mins
- Option 1: 4 sets of 5x30s
 - Run up the first hill for 30s
 - **Walk** back down the hill
 - Repeat the 30s rep 4 further times – the aim is to get back to the same point on the hill each time
 - After the set do a 5min jog (on the flat)
 - Repeat the set three more times, either on the same hill or if you can do on a different hill with different profile.
- Option 2: 3 sets of (30s, 60s, 30s, 60s, 30s)
 - Run up the first hill for 30s
 - **Walk** back down the hill
 - Run up the hill for 60s
 - **Walk** back down
 - Then do a 30s effort, followed by a 60s effort and a final 30s effort
 - After the set do a 5min easy jog.
 - Repeat this set twice more, either on the same hill or if you can, do on a different hill with a different profile.
- After finishing the sets, do a 5-10min cool down.