

SPEED WORKOUT – 2-SEGMENT HILLS

Warm Up

- 5 minutes slow-paced jogging
- 3 Sets of Strides
 - Run 75m (approximate) at a fast pace (about 80% of your sprint speed)
 - Jog back slowly. THIS EQUALS 1 SET
 - REPEAT FOR 3 SETS IN TOTAL
- Rest for 3 minutes

Main Workout (2-Segment Hills)

Part 1

- Run fast uphill for approximately 200m
- Walk 50% of the way back down the hill, then jog slowly down the remaining 50%, back to the starting point
- REPEAT continuously for a total of either 10/15/18/20 minutes
- Take a 3-minute rest before continuing to part 2

Part 2

- Sprint at full speed uphill for approximately 75m
- Walk 50% of the way back down the hill, then jog slowly down the remaining 50%, back to the starting point
- REPEAT continuously for a total of either 5/5/7/10 minutes

BEGINNER

PART 1 : 10 MINUTES
PART 2 : 5 MINUTES

EASY

PART 1 : 15 MINUTES
PART 2 : 5 MINUTES

MEDIUM

PART 1 : 18 MINUTES
PART 2 : 7 MINUTES

HARD

PART 1 : 20 MINUTES
PART 2 : 10 MINUTES

Cool Down

- 5 minutes slow-paced jogging

Workout Notes

- Choose a hill of a medium steepness (not too steep and not too shallow!)

- Do not walk on the uphill sections under any circumstances!
- You should be very out of breath at the top of each hill repetition. If you are not, then you are not pushing hard enough!
- The downhill segment is your recovery time, which allows your heart rate to lower so that you can push hard again on the next uphill repetition. Don't go too fast on the downhill section.
- Be tough! Hills feel difficult, but they really make a difference to your strength and fitness.