

# SPEED WORKOUT – 3-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 (3-Segment Hills)

### Part 1

- Run fast uphill for approximately 250m
- 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 5/6/8/10 minutes
- Take a 3-minute rest before continuing to part 2

### Part 2

- Sprint at full speed uphill for approximately 150m
- 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 5/6/8/10 minutes
- Take a 3-minute rest before continuing to part 3

### Part 3

- Sprint at full speed uphill for approximately 100m
- 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 5/6/8/10 minutes

## Cool Down

- 5 minutes slow-paced jogging

### BEGINNER

PART 1 : 5 MINUTES  
PART 2 : 5 MINUTES  
PART 3 : 5 MINUTES

### EASY

PART 1 : 6 MINUTES  
PART 2 : 6 MINUTES  
PART 3 : 6 MINUTES

### MEDIUM

PART 1 : 8 MINUTES  
PART 2 : 8 MINUTES  
PART 3 : 8 MINUTES

### HARD

PART 1 : 10 MINUTES  
PART 2 : 10 MINUTES  
PART 3 : 10 MINUTES

## **Workout Notes**

- Choose a hill of a medium steepness (not too steep and not too shallow!)
- Do not walk on the uphill section under any circumstances!
- You should be out of breath at the top of each hill repetition. If you are not breathing very hard, 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 are hard, but they really make a difference to your strength and fitness.
- Be tough! Hills feel difficult, but they really make a difference to your strength and fitness.