

# SPEED WORKOUT – PYRAMID 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 (Pyramid Hills)

- Run 50m fast uphill
- Stop, turn and walk 50% of the way back down the hill, then jog slowly down the remaining 50%, back to the starting point
- Run 100m fast uphill
- Stop, turn and walk 50% of the way back down the hill, then jog slowly down the remaining 50%, back to the starting point
- Run 150m fast uphill
- Stop, turn and walk 50% of the way back down the hill, then jog slowly down the remaining 50%, back to the starting point
- Run 200m fast uphill
- Stop, turn and 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 15/20/25/30 minutes

**BEGINNER**

15 MINUTES

**EASY**

20 MINUTES

**MEDIUM**

25 MINUTES

**HARD**

30 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.