

2023 HILL RUN SCHEDULE

Wednesday Evening Hill Runs: We will meet in the Boston Common, @ the corner of Beacon and Charles Street, just inside the entrance of the Common at the bottom of the hill @ 5:30 PM

- If your coming from work and need me to watch your bags etc. I can do that.
- **Parking:** Metered spots on Charles and Beacon Streets, underground in Boston Common Garage for approximately 17-\$18

Workout Format: Easy 1.5 – 2.0-mile warm-up around the Common perimeter.

- Run up the hill to the top at 75 to 80 percent effort (steps to state house are on your left)
- Run back down at steady pace.
- Each week we will build on this
- Some weeks we can alternate half hills. The hill is 500 meters, half hill 250 meters. (Half hill point is 9th light post left side)
- Finish workout with easy 1.5 – 2.0 run. (If you run from your home, you can skip the run at beginning and end)

Schedule:

Week 1: 1/11 = 2-3x hills

Week 2: 1/18 = 3-4x

Week 3: 1/25 = 4x

Week 4: 2/1 = 5x

Week 5: 2/8 = 6x

Week 6: 2/15 = 6-7x Option to mix in half hill

Week 7: 2/22 = 7x

Week 8: 3/1 = 7-8x option to mix in half hill

Week 9: 3/8 = 8-9x

Week 10: 3/15 = 9x Option to mix in half hill

Week 11: 3/22 = 9-10x

Week 12: 3/29 = 10x Option mix in half hill

Week 13: 4/5 = 8-9x

Week 14: 4/12 = 2-3x on your own

FAQ'S ABOUT HILLS

1. Can this workout be done on a treadmill?

Yes. Put incline at 5-7% and follow a similar format. 2.0 mile warm-up, 2+ min of hill climb, easy jog for 2-3 min, repeat. Find a speed that works for you. The treadmill intervals will not give you the very specific downhill benefit, but it is still a worthwhile workout if you can't get outside.

2. If my weekday and long runs are done on very hilly terrain, do I need to do the hill interval workout? It is not as important if you are already getting in multiple days of hilly terrain. You could replace this workout with Yasso 800's.

3. If I am injured and can't do the hills, could this workout be done on non-impact cardio? Yes, you could simulate the intensity and duration on any piece of cardio. 2-3 min hard 2-3 min easy, build up to 10 or more of these intervals with 20-minute warm-up and cooldown on each end. It won't be the same training effect of hills, but still a valid option.