

# Tips for HILL TRAINING

1. Warm up with 10-15 minute jog and good stretch of calf and hamstring
2. Full Beacon Street is 500 yards. On inside common road from Charles St. to stairs that go up to State House
3. Half Beacon is 250 yards.
4. These should be run at a hard effort but not at a sprint. Approximately 85% effort.
5. The jog down is the recovery, but is a key component to prepare you for the down hills in Boston
6. Time yourself either on individual climbs or total workout time to measure progress throughout the training season.
7. This workout could be performed on any hill that has a moderate pitch and takes from 1-3 minutes to run up.
8. This workout could also be done on a treadmill, but you would not get the downhill benefits on the treadmill.
9. Form on the hills:
  - Slight forward lean
  - Arms provide drive
  - Stride is slightly shortened
  - Shoulders are relaxed
10. Do 15-20 minute jog at end