

HILL TRAINING



by Nick Bester

SOME IMPORTANT FACTORS ABOUT HILL TRAINING

1 Incorporate long hill interval work at 80% of your maximum heart rate early in your base period for 6 weeks (early session)

2 Start incorporating short speed sessions when sharpening up for a race. Any speed session done on a flat surface is demanding on the ligaments and muscles and can cause an injury because the running speed is fast and the jarring on the road or track surface excessive

3 On the contrary when running uphill fast the heart, lungs and leg muscles are working at their optimal and the same kind of training effect can be achieved as when doing a speed session at full blast but without the risk of an injury. Therefore it is sometimes a good idea to substitute a speed session by running a short steep hill.

4 Conditioning is for me the most important training aspect of any distance race – when preparing for a race with murderous hills like the Comrades, make sure to condition your body in such a way. Include hills in your training regime every two to three days and make sure you run them at all your training heart rate zones.

A: Long hills of 20 minutes plus at 75% of your max heart rate

B: Medium hills of 5 minutes plus at 85% of your max heart rate

C: Short hills of less than 5 minutes at 95% of your max heart rate

5 To run a hill efficient, you need to concentrate on the following:

A: Lean into the hill

B: Give short rhythmic steps

C: Work with your upper body and pump with the arms

D: Concentrate and do not look up to see where the top of the hill is – rather look down or about 10 meters in front of you

6 Those who sweat more in peace will bleed less in war – roll up the hills!

7 Always remember to warm up before and cool down afterwards