

the hill crusher

workout

If you can, head outside and find a long hill - ideally about 800m/0.5 miles long. If this isn't possible, a treadmill set to an incline between 5 and 8 (depending on your fitness level) will do the trick. If you're outside, the recoveries are downhill and if you're indoors they're flat (ie. incline=0).

Start with 5 minutes of running easy on a flat, then begin the hill repeats. Adjust your speed to match the rate of perceived exertion noted below on a scale of 1-10, and maximize recoveries so that you can charge just as hard on the next hill repeat.

round

As many rounds as possible in 10 mins:

1

- Run 400m (0.25 miles) @ RPE 8
- Jog down hill (0.25 miles) @ RPE 5

..... run easy on flat - 4 mins

round

As many rounds as possible in 10 mins:

2

- Run 800m (0.5 miles) @ RPE 8
- Jog down hill (0.5 miles) @ RPE 5

..... run easy on flat - 4 mins

round

Start at the bottom of the hill and sprint up as far as you can in 30s, aiming to hit an RPE of 9 or higher and running further with every repetition. Jog or walk down. Do this 5 times.

3

..... cool down - run easy

Total: appx 35 mins