

# **Hill Training Week 1**

The first training session will be held on Tuesday 27<sup>th</sup> May.

Meeting at the car park entering Ardnadam Farm off of the high road, drive straight up and before you reach the gate turn right into the car park. Please be ready to begin training at 6.30pm.

You will need good trail shoes and a watch that has a timer or stopwatch function and if it is raining please bring a waterproof jacket.

Each session should last no longer than one hour however the first session may go slightly longer as I will be gauging a baseline hill fitness for each person attending.

## **Session 1**     **Long Hills**

1. Warm up phase
2. Baseline Hill Fitness
3. 5 x 500m hill reps (rest phases will be incorporated)
4. Cool down phase

## **Aim**

A long hill is one which takes from 90 seconds to three minutes plus. Here most of the energy comes from aerobic sources, but if parts of the hill are steep and they are running them hard, there will still be an accumulation of blood lactate. There will be local muscular fatigue in the leg muscles, and possibly in the abdominal muscles too, but the main limiting factor will be the athlete's **cardiovascular system**.

These long hills can be used in two ways:

- as a hard aerobic training session during the pre-competition season
- as a hard time-trial session in the early part of the competition period

## Reference

- 1. MACKENZIE, B. (2004) *The ups and downs of hill training* [WWW] Available from: <http://www.brianmac.co.uk/articles/scni16a5.htm> [Accessed 22/5/2014]