



CLAREMONT

Training Plan

Session Title	Hill Training
Main Focus	Hill training – good for leg strength!
Location	Any hill or hills
Warm Up (10-15 mins)	Jog slowly for 5 to 10 minutes Warm-up exercises: High knees, heel flicks, star jumps, arm swings, skipping etc
Core Session (approx. 30 mins)	Stretch out at 80% for 1 to 2 minutes First effort – sprint on the flat for 60 to 90 seconds Jog to bottom of the hill(s) <u>Option 1</u> Run uphill for 60 seconds Jog back down Repeat 10 to 12 times <u>Option 2 (suitable for longer hills)</u> Run quarter of the way up, jog down Run half-way up, jog down Run three-quarters of the way up, jog down Run all the way up, jog down Come back down the pyramid – $\frac{3}{4}$, $\frac{1}{2}$, $\frac{1}{4}$ Finish with another stretch out on the flat for 60-90 seconds
Cool Down (10 minutes)	Slow jog back to starting point Stretches as desired
Variations	Use hills with different gradients.
Notes	Adapt as necessary depending upon the location
Potential Hazards	Depends on the location!