

HOWARD COUNTY STRIDERS

Coach's Corner:
week of 4/29/07

Weekly Workout: Hill Repeats

Selecting a Hill:

You are going to want a hill that is going to take more than one minute to get up. The grade/incline of the hill should be moderate, in that it should be around 10-15 degrees up as opposed to large grade, which would be around 45 degrees.

Suggestions for good hills around the area:

- a) 10 Mills Rd. from Columbia Rd. towards 108. (about .7 miles)
- b) Hesperus to Harper's Farm Pathway – Starting at the very bottom of Hesperus, where the trail to Wilde Lake begins, make a quick right up the path towards Harper's Farm (about .6 miles)
- c) Thornbrook Rd. – Located in the neighborhood behind Mount Hebron, part of the Viking 5K course (about .3 miles)
- d) Old Annapolis Rd – Located just North of Centennial Park, off of Columbia Rd. Begin at Woodland Rd. and continue up to Centennial Lane. (about 1.4 miles)

There are many others, basically you want a long hill that does not alter your stride too much.

Pace:

Since this is a repetition, you would want a pace close to race pace. The closer you can get to race pace the better, and don't be afraid to push it.

Rest:

Jog back down the hill at a leisurely pace.

Reps:

The number of repeats will change depending on the length of the hill that you select. Therefore, I am going to suggest that you complete as many reps as you can in a selected time frame based on your mileage:

0-20 miles a week: 15 minutes
20-30 miles a week: 20 minutes
30-40 miles a week: 25 minutes
40-50 miles a week: 30 minutes
50-60 miles a week: 35 minutes
60 miles + a week: 40 minutes

Workout Suggestions/points:

There are two main aspects of training that you are focusing on here, aerobic conditioning (that burning feeling in your lungs) and leg strength (that burning in your legs). You will no doubt notice what parts of your body you are working by the end of the first repeat. Generally, you want to add these in during the first phase of your training in order to build up your strength in order to run harder, longer workouts later. Starting off with a casual pace and slowly increasing speed and duration with your training.

The true secret to hill training is consistency, as in you will need to incorporate it into your program weekly in some variation or another. Luckily there are many ways you can put it into your program without even trying. If you are familiar with the trails in Patapsco State Park, a simple run through there would count as your workout. I used to run with a group where we would push the up-hills and jog the down hills. A similar workout could be used around Centennial Lake, simply accelerate on the uphill portions and relax on the downhill portions. Another suggestion is anytime you are running, if you get in the habit of increasing your pace at every single uphill, then you will notice a definite change in your ability during races similar to Clydes's and Damien's Run.