

HILLS

COLEMAN BINFORD--COACH--FORMERLY OF CHATTAHOOCHEE HS & ALPHARETTA HS

A. Why are hills so easy to hate?

The answers are probably obvious...

B. Why is training on hills beneficial?

--**Make the workout harder**. There are heart/lung benefits to threshold and anaerobic exercise.

--**Injury prevention**. You can have an anaerobic workout (AKA a "hard day") and have less impact on your joints than if you did just as hard a workout on flat ground.

--**Build leg strength and make a longer stride**. Instead of building strength in the weight room, build it while you are RUNNING. Studies show...

--**Greater economy**. (What does that mean?) A study of marathoners at the Karolinska Institute in Sweden showed that marathoners who did twice weekly hill workouts were able to improve their O2 efficiency (their economy) by approximately 3%. (That would be hard for runners that well conditioned to do on flat ground workouts)

--**Racing advantage**. If you know how to run hills correctly in a race, you gain an IMMEDIATE advantage over those who don't know how to run hills.

C. Running hills with correct form:

Running UPHILL

1. When starting uphill shorten your stride. Why?
2. As the gradient changes, change your stride length?
3. Goal: even effort as on flat ground...NOT even speed. Why?
4. You can increase your turnover rhythm.
5. Posture should be almost straight up, actually a VERY SLIGHT forward lean.
6. Arms: Have more arm action. Your arms should pull you up the hill.

The arm motion should be more up & down and less forward & back than in flat ground running.

Running DOWNHILL

7. Lean slightly forward. I.e. use the gravity of the hill.
8. Tuck your feet. Strike should still be mid-foot if possible. Your center of gravity should stay out in front of you.
KEEP USING THAT GRAVITY...THE GRAVITY SHOULD PULL YOU ALL THE WAY TO THE BOTTOM OF THE HILL.
THIS IS WHAT WE CALL FREE SPEED.
9. Arms: Loose and relaxed. Also less/ no arm action than flat ground running. Why?
Keep your elbows out for balance.