

SHORT HILL REPETITIONS



WHAT: For a variety of reasons, hill repetitions can be a great addition to your training program. They are a functional strength training session and can offer a relatively low impact, high intensity workout, which can otherwise be difficult to find. Also, hill reps activate a broader range of muscle groups, including muscles in the core that assist in maintaining a good running posture when fatigued.

R4YL defines short hill repetitions as any hill that is under 90 seconds in duration. Time is used to define this session as distance alone will not account for the gradient of the hill. Because intensity is a crucial part of this session the upper limit of 90 seconds is placed to ensure that the quality of the effort that can be sustained during the repetition is very high. Moderate length hill reps (From 90 seconds up to six minutes) and long hills (Longer than six minutes) will be covered in future issues.

The incline of the hill is also a crucial element for this session. For short hills a gradient of 4-8% is recommended. Hills within this range will add a good strength component to the workout, but will still allow you to run reasonably quickly.

The suggested number of repetitions should vary between six and 15, depend-

ing on the duration of each one. If intervals are 30 seconds in duration a session of 12-15 repetitions is recommended. If each rep is closer to 90 seconds, six to eight hills would be ample.

Compared to standard sessions, hill repetitions often tend to have a relatively longer recovery. The recovery between repetitions should be a jog back down the hill to the starting point. If there's an option to run longer on the way back to reduce the downhill gradient, this is often a better choice. Recoveries can be shortened if you have access to a very long hill where you do not have to return to the starting point to begin the next repetition. However, keep in mind that this session is meant to be high intensity and recoveries of up to three minutes are not a bad thing and allow you to maintain the tempo of each repetition.

WHEN TO USE: Considering the intensity, this is a good workout leading into competition periods, but can also be used as part of a regular training regime to increase anaerobic capacity, strength, and core stability. Sessions of this intensity place additional strain on the body so it is very important to have good base fitness before attempting it. If you are doing this workout for the first

time, be a little cautious initially and avoid over exerting yourself. Focus on ease of speed and then as you become stronger you can up the intensity.

WHAT PACE: The pace this session is run at will vary greatly depending on the gradient, surface and length of the hill, as well as the number of repetitions completed. Thus without attending each session it is difficult to set a goal pace for the repetitions. The best advice is to remember that the goal of this session is to maintain high intensity and therefore you want to run as fast as you can without losing form and run consistently throughout the duration of the workout.

EVENTS BEST SUITED TO: The intense nature of this session makes it best suited to events of shorter duration that rely on a higher relative contribution from the anaerobic system. It is perfect for those looking to improve their times over 1500m to 5000m. Short hill repetitions can also provide benefits in terms of strength gains, speed and core stability for distances above 10000m, however medium or long duration hill reps may be a better option for these events. **R4YL**

WHERE ARE THEY NOW? WAYNE LARDEN



Born: 1969

Statistics:	Then	Now
Weight:	64 kg	73 kg
Weekly mileage:	160-200 km	70 km
Residence:	Canberra & Sydney	Manly, Sydney
Occupation:	Student	Event Marketing & Management
Children:	Ashleigh, 12 years old	

Races that you recall with the most fondness: World Cross Country races – these were awesome races because you had all the stars from 1500 through to the marathon all racing over 12km and the atmosphere and experiences of traveling with some of Australia's great distance runners made them very special.

Any words of wisdom you would have appreciated back then: Patience, take things slowly and do not try to do everything too quickly, there is no shortcuts for the hard work, so just get it done, but look after yourself with physiotherapy and massage etc.

Currently doing: Director of Event Marketing Company – Including Director of Sydney Running Festival.

Stopped running competitively because: Accumulation of injuries and time constraints with family.

Personal Bests: 1500m – 3.49; 3000m – 8.01; 3000m Steeple – 8.52 (one); 5000m – 13.55; 10000m – 28.58; Half Marathon – 64.00; Marathon – 2.16.04

Achievements: 1994 Australian Cross Country Champion; 4-time World Cross Country representative including 3 senior teams **R4YL**