

Diet Currahee (HILL WORKOUT)



When running hills we need to focus on these things

STAY TALL - It's easy to lean over and grind your way up. Instead stay nice and tall and lead with your hips and not your head. This will help you put more power down too.

ARMS ARMS ARMS - Driving your arms will motivate your legs and knees to keep driving

QUICK FEET - It's like putting your bike on a lower gear, the more steps the easier it will be to go up the hill, cycle fast and cycle hard

Where do I do my hill workout?

Ranney Park has a nice big hill in the middle
3201 E Michigan Ave, Lansing, MI 48912
(The parking lot is on the other side of the road behind the ultra beauty)

Ok I'm ready, What should I do?

- Start with a very solid warmup,
 - ◆ 5-10 min run
 - ◆ Leg Swings
 - ◆ Dynamic drills
- All out sprint up the hill until you're at the top
 - ◆ Remember our form tips above
- Rest for as long as you need. Full recovery between sets
 - ◆ Walk around and keep moving, don't let that lactic acid build up
- The number of sets varies per person and is up to you.
 - ◆ Once your form breaks down you should do 1 more and be done
 - ◆ (I'm going to do 8 to 10 - Matt)