

## HILL DRILLS

It is well established that resistance training is a wonderful way to improve strength and performance. Hill drills are a form of resistance training for your running legs. The foundation of this workout stems from hill drills Arthur Lydiard used as a staple for his runners that ranged from sprinters to marathon runners. These drills are fantastic for building strong legs but also double as a method to build resilient legs to injury.

*Strong legs are fast legs and Strong legs are resilient legs!*

### WARM-UP

- 10-15 minutes Jogging to gradually warm up your body
- Dynamic warm-up movements of your choice or 1 round of drills at a very easy effort

### POINTS OF EMPHASIS

- Great posture with Vertical alignment
- Pelvis tucked under your shoulders
- Light and Bouncy on your feet
- Relaxed - Relaxed - Relaxed
- Drive off of ground

### ROUTINE

- Perform each drills up a hill of 10 - 25 meters. Start with low grade and increase over time.
- When your reach the top take a couple quick strides.
- Run back down hill easy in a way that you can absorb impact and improve downhill running technique. Here a is a demonstrations: [Click for Video](#)
- Each drill is to be done for 3 - 5 repetitions at speed which you can movement fluent at.

Run 3 Speed	Over the distance of 100 yards gradually build from a slow jog to all out sprint. Use this as a benchmark to see how you feel after the session.	<a href="#">VIDEO</a>
High Feet	Think about pulling your heel to where your hamstring meets your butt. Make sure you are not just doing high knees or butt kicks.	<a href="#">VIDEO</a>
Carioca	The purpose here is to develop stronger lateral muscles in the legs and put a dynamic stress on your ligaments/tendons to condition them to stresses introduced in technical trail running.	<a href="#">VIDEO</a>
Skipping	The focus is on vertical height. Spring up as high as you can. You will travel up the hill slower than any of the other drills. Coordinate your arms with your legs for more drive.	<a href="#">VIDEO</a>
Bounding	The focus is on horizontal distance. Travel as far up the hill as you can on each bound. Heavy awareness on strong lower abdominals and pelvis alignment.	<a href="#">VIDEO</a>
Coordination	Run up the hill while coordinating all the drills you just worked on. Run uphill with power and speed with great alignment.	<a href="#">VIDEO</a>
Run 3 Speeds	Repeat the first drill while applying the principles from each of the drills you just performed. Note on how your running felt in comparison.	<a href="#">VIDEO</a>