



I see people wasting so much time doing slow, steady workouts that barely get their heart rate up and the machine is doing most of the work for them.

Some ways to get out of the “cardio trap” are:

1. Incorporate resistance training into your weekly training sessions. Use High Intensity Resistance Training to ramp up the heart rate, train and firm muscles as well as burning a ton of calories post workout.
2. Perform interval conditioning sessions. Use the bike, Fartlek training, skipping rope, kettlebells...the intervals can vary but the goal is to elevate your HR for a short amount of time and then recover, continuing the cycle with high intensity but a short duration.

This has been shown to burn more calories and also leave your metabolism elevated for over 24 hours post-workout.

And #3...the main focus of this article...HILL SPRINTS

This workout is killer for increasing your HR, burning a ton of calories, and making you feel totally hardcore because let’s face it, how many people actually run hills?

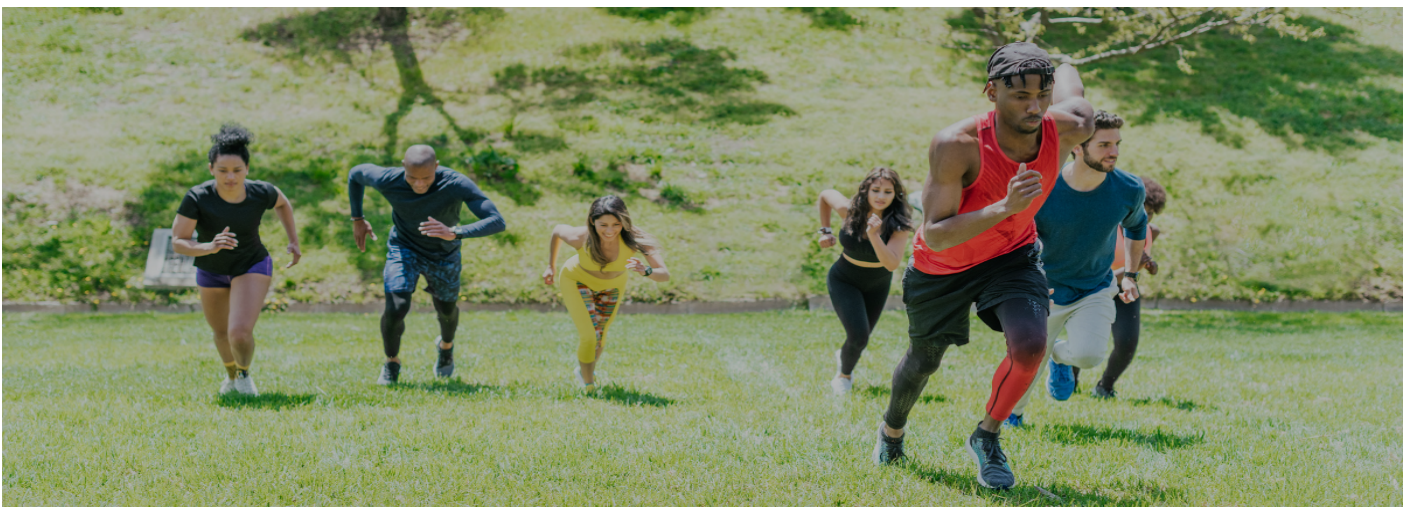
They pretty much suck but you get such a benefit that it’s all worth it.

Here’s a few reasons why hill sprints will flat out kick your arse, and make you look great too!

1. Intensity
2. Getting outside in great weather
3. Huge endorphin rush
4. They work every muscle in your body
5. Functionality

6. Burn a ton of calories, during and after the workout
7. Short burst of intensity
8. Amazing benefits for your body composition
9. Get your legs lean and strong
10. Great training for your abs without doing crappy crunches

**Bottom line:** no other cardio workout produces results as quickly. The burning pain doing them creates builds mental toughness that will make you a better competitor too.



## Getting Started

Now that you know how great running hills are for your physical and mental fitness, it's time to learn how to add them to your workouts. Below are a few guidelines for you to follow. Use it as a template to create your own programme.

### Step 1 - Find A Hill

The best way to find a good hill is to drive around your neighbourhood and look for a hill that is at least 40 yards long. The longer the better. The hill should be steep enough so that it is challenging for you to walk up and down. The steeper the better, too.

### Step 2 - Go To The Hill And Get Ready

Begin your workout with a light warm-up. This will help prepare your body for the brutal workout ahead. I like to warm-up by performing 10-15 minutes of bodyweight and dynamic stretches. This includes arm circles, burpees, high knees, jumping jacks, mountain climbers and squats. Do 5 sets of each exercise for 5-10 reps and you'll be ready to go.

### **Step 3 - Time To Run**

Before you sprint make sure you have your technique down. Below are several tips to ensure you perform your sprints with proper form:

- Keep your chin up and eyes forward. Don't look down no matter how tired you get.
- Your chest should be out and shoulders back as you run up the hill.
- Don't clench your fists. Instead, lightly squeeze your fists or run with hands open.
- Keep your arms bent at a 90-degree angle and move them up and down. Don't let them cross over your body as you run.
- Pick your knees up high as you run and keep your hips forward. Never move from side to side.
- Push explosively off the balls of your feet with every step. Your heels shouldn't make contact with the ground.

The first time you run hills I recommend not doing more than 5 sprints at about 75% of your maximum effort. They really are brutal, and you don't want to burn yourself out on the first set. Increase your intensity with every sprint.

Add 1-2 sprints per week until you are performing 20 per workout with maximum effort.

### **Step 4 - Cool Down**

Finish your workout by walking on flat ground until you are able to breath normally. You can then perform 10-15 minutes of static stretching for all of your major muscle groups to keep from getting tight.

### **How Often Should You Do Hill Sprints**

Start with 2 weekly workouts and increase to 3-4 per week over the course of a few months. Once you can do 20 hill sprints 3 times a week you will be in the best shape of your life. Guaranteed.

### **Making Your Workout More Challenging**

Once you can perform 20 hill sprints with good technique it's time to make the workout more challenging. Below are several ways to do so. Only try one of these at a time. Include more as your conditioning improves.

- Add an additional workout later in the week.
- Increase the distance you sprint.
- Decrease the amount of time you rest between each sprint by running down the hill instead of walking.
- Wear a weighted vest.
- Perform a set of another exercise (i.e. bodyweight squats, kettlebell swings, push ups) before each sprint.

Whether you want to shed excess fat, perform better, or simply improve your health hill sprints are the way to go. After all, if they're good enough for some of the greatest athletes of all time, they're good enough for me and you.

Here is a sample hill sprint training session you can do:

- 5 x 10 yards (rest 30 seconds in between)
- 4 x 20 yards (rest 45 seconds in between)
- 3 x 30 yards (rest 90 seconds in between)
- 2 x 40 yards (rest 90 seconds in between)
- 1 x 50 yards

So, get yourself in the great outdoors, sack off the slow steady state cardio and go smash the resistance training sessions and find a hill and run up and down that, I bet inside of a few weeks you will feel and notice the differences and changes.