



## Run Hill Effort Set

### 1. Warm up

15 minute easy run to a hill, gradually increasing intensity

(The hill should have a gradient of 4 or 5 %)

### 2. Main Set

5 x 30 second hill repeats – holding good form, gradually accelerate up the hill and hold the effort for 30 seconds (RPE 7/8).

Walk or jog back down the hill and repeat. You should be well recovered before starting the next effort.

### 3. Cool Down

15 minute easy run, gradually decreasing intensity