**Hill Sprint Session**

Coach Mary suggests these exercises. Short Hill sprints can really help to make you FASTER!

When you are sprinting up hills your body weight acts as the resistance you are pushing against.

It is generally recommended that you should only do a  hill sprints session once a week and do it on a day you are feeling fresh for best results.

You need to find a nice STEEP hill and mark off a start and finish point. The hill sprint should take you between 10 and 12 seconds.

You need to warm up by jogging for 10 minutes and doing at least 6 drills on the level ground. Follow that up with  5 x 50m strides, getting progressively faster till you are sprinting at close to full speed for the last one. Walk slowly back between strides and wait till you have fully caught your breath before progressing to the next stride.

**Hill sprints**

You should try to explode up the hill keeping low to build up speed for the first 8 steps at least. Then straighten up gradually, leaning into the hill and look straight ahead. Drive your knees up and drive your elbows back strongly.

Neck and shoulders should be nice and relaxed. Work at holding your technique all the way to the finish, maintaining your speed as much as you can but staying relaxed.

Do 3 hills at full speed taking plenty of time to catch your breath and recover at the top of the hill before and walking  very slowly back down to do the next rep.

Take 5 minutes rest before resuming the second set of 3 high speed reps.

Each second session you can add one extra rep until you can do 2 sets of 5 reps.maximum.

**Good luck and enjoy!**