



Training Tip: Handling a Hilly Course

Facing a hilly course can feel daunting, but with the right approach, you can tackle those inclines with confidence and strength. Here's how you can handle a hilly course and come out on top:

- 1. Pace Yourself:** Start by pacing yourself conservatively on the hills. Avoid the temptation to charge up at full speed. Over the entire course, think of your effort building like a wave, cresting as you come into the final miles.
- 2. Efficient Form:** Focus on maintaining a good running form. Keep your chest up, shoulders relaxed, and gaze forward. In the later miles, form can breakdown, so provide yourself with verbal cues like, It's in the arms, Fast Feet, or Lead with Heart.
- 3. Shorten Your Stride:** On the uphill sections, shorten your stride to conserve energy. Take quick, light steps, which will reduce the strain on your muscles and help you maintain momentum.
- 4. Power Up, Recover Down:** Use the hills to your advantage. On the uphill, engage your glutes and drive with your arms. On the downhill, allow gravity to assist you but stay in control by keeping your steps quick and light.
- 5. Mental Preparation:** Visualize yourself conquering each hill. Break the course into segments and focus on reaching each milestone. Positive self-talk and mantras like "I am strong" or "I can do this" can be incredibly powerful.
- 6. Hill Training:** Incorporate hill workouts into your training. This will build strength and endurance, making the actual race day hills feel more manageable. Include both uphill sprints and longer, sustained efforts to prepare comprehensively.

Remember, hills are as much a mental challenge as they are physical. Believe in your training, trust your body, and approach each hill with confidence.

Embrace the Hill!

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