

**HOW TO**

# Conquer a Hilly Half

This plan is for intermediate runners who are already logging a minimum of 40km per week with a long run of at least 13km.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Rest	Effort hills: 3km warm-up, 6 x 60 seconds gradual, cooldown (9km total)	Easy 5	Easy 8 + strides	Rest	Easy 5	Long 13	40
2	Rest	Effort hills: 3km warm-up, 8 x 60 seconds gradual, cooldown (9km total)	Easy 5	Easy 8 + strides	Rest	Easy 6	Long 16	44
3	Rest	Effort hills: 3km warm-up, 10 x 60 seconds gradual, cooldown (9km total)	Easy 5	Easy 8 + strides	Rest	Easy 4	Long 19	45
4	Rest	Effort hills: 3km warm-up, 6 x 60 seconds steep, cooldown (9km total)	Easy 5	8 with 3 at race pace	Rest	Easy 5	Long 13	40
5	Rest	Effort hills: 3km warm-up, 8 x 60 seconds steep, cooldown (9km total)	Easy 6	8 with 5 at race pace	Rest	Easy 8	Long 16	47
6	Rest	Effort hills: 3km warm-up, 10 x 60 seconds steep, cooldown (9km total)	Easy 6	10 with 6 at race pace	Rest	Easy 8	Long 19	52
7	Rest	Pace hills: 3km warm-up, 3km mix of gradual and steep, 3km cooldown (9km total)	Easy 6	Easy 10	Rest	Easy 6	Long 24	55
8	Rest	Pace hills: 3km warm-up, 3km mix of gradual and steep, 3km cooldown (9km total)	Easy 6	Easy 10	Rest	Easy 5	Long 16 (with 5km to 6km effort hills)	46
9	Rest	Pace hills: 3km warm-up, 6km mix of gradual and steep, 3km cooldown (12km total)	Easy 5	Easy 10	Rest	Easy 5	Long 19 (with 6km to 8km effort hills)	51
10	Rest	Pace hills: 3km warm-up, 5km mix of gradual and steep, 3km cooldown (11km total)	Easy 6	Easy 10	Rest	Easy 5	Long 24 (with 8km to 10km effort hills)	56
11	Rest	Pace hills: 3km warm-up, 3km mix of gradual and steep, 3km cooldown (9km total)	Easy 5	Easy 8	Rest	Easy 5	Long 13	40
12	Rest	Effort hills: 3km warm-up, 6 x 60 seconds gradual, cooldown (10km total)	Rest	Easy 6	Rest	Easy 5	<b>RACE!</b>	

**KEY:** **STRIDES** Do 6 to 8 20- to 30-second pick-ups post-run. **LONG** Keep a comfortable pace. **EFFORT HILLS (GRADUAL)** After an easy warm-up, run repeats on a gradual hill, maintaining a comfortable effort level as you climb and descend. Cool down to complete that day's distance. **EFFORT HILLS (STEEP)** Same, but find a more challenging hill. **RUNS WITH RACE PACE** After at least 2km of jogging to warm

up, run at goal pace. Jog 3km to cool down. **PACE HILLS** During your warm-up, gradually ramp up to race pace. Then, hold that effort on a mix of hills (slowing on climbs, speeding up on descents). Cool down at an easy pace. **LONG WITH HILLS** After a few flat, easy kays, seek out serious hills. Maintain a comfortable effort level as you climb and descend. Finish on flat terrain.