

Long Hill Repeats



Quick Overview

Session Type: Hill Strength / Endurance

Level: Intermediate

Time Required: ~50–60 minutes

The Session

Warm-Up

10–15 mins easy running

Main Set

4–6 x 2–4 minutes uphill at steady, controlled effort

Easy jog or walk back down for recovery

Cool Down

10 mins easy running

Why This Works

Long hill repeats build strength and endurance at the same time.

Running uphill forces good form, engages more muscle groups, and develops the ability to sustain effort when things get tough – something that translates directly to trail running.

It's not about sprinting – it's about controlled, consistent effort over longer climbs.

