

# Short Hill Repeats (8–10 x 30–45 sec)



## Quick Overview

**Session Type:** Hill Strength

**Level:** Beginner–Intermediate

**Time Required:** ~40–50 minutes

## The Session

### Warm-Up

10–15 mins easy running

### Main Set

8–10 x 30–45 seconds uphill effort

Walk or easy jog back down for recovery

### Cool Down

10 mins easy running

## Why This Works

Short hill efforts build strength, power, and running efficiency without the need for high speeds.

They also reduce impact compared to flat intervals, making them a great option for building strength safely.

Simple, tough, and very effective.

