



"NRXC is a group of friends that have fun running together and are excellent in our integrity, teamwork, and fitness."

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CROSS-COUNTRY HOW-TO GUIDES

[Hill Sprints]

- Hill sprints are short (10-12 seconds), fast bursts up a steep hill, stopping before we fatigue. Once the sprint is complete, walk slowly back down the hill for recovery, and then start the next sprint. Hill sprints are generally run at the end of an easy run.
- The grade of the hill can be variable, but ideally you want a hill with an average grade of between 8 and 12 percent. Good examples of hills in our area that are good for hill sprints include: (i) the Antelope Dip (either side), (ii) the hill up to the dam (north side) on Kays Creek Parkway, (iii) the dirt road hill up from Andy Adams Reservoir, and (ix) the hill going up to the dump above Highway 193. There are many others.
- Hill sprints are run powerfully, at very close to full effort, and with focused concentration on maintaining good form.
- Done properly, hill sprints will help prevent injury. Run the first sprint at a more manageable effort, increasing the intensity with each repetition. **Always** ensure that you have done dynamic stretching before beginning.
- As with strides, hill sprints are NOT a fitness workout. The work interval is too short. The purposes of hill sprints are to teach your body to (i) run with good form, and (ii) recruit muscles for speed, strength, and injury prevention. They must be run powerfully to have the desired effects.
- Here are some good videos on how to run hill sprints:

<https://www.youtube.com/watch?v=ACyXsiryw0&t=395s>

<https://www.youtube.com/shorts/M-BbifK8BvU>

<https://www.youtube.com/watch?v=nbHHbQ74oe8>