

Power Hiking Hills

When do you use the Core Power Hiking Method?

Your strategy of when and how to use it will vary. Every race is different. Your training plan might be on point or off the rails before a race.

The main thing to keep in mind is to be as strategic as possible.

Three reasons for power hiking.

1. Conserve energy so your overall time is faster. Run/walk strategy.
2. Conserve energy going up hills.
3. When you can't run because you're exhausted or injured.

Number 3 is just about survival. And the only thing you can do is the best you can do.

And the run/walk strategy is covered in the Basic Elements video.

So this video is how to adjust to deal with hills.

If you're good at strategic power hiking, you have a good chance of not being exhausted and injured.

There are three kinds of hills you usually have to deal with.

Not in every race. But it's good to practice for each kind.

1. Long and gradual.
2. Intermediate
3. Steep

1. Long and gradual

You can think of this as a hill you can run easily at first but goes on for a long time. So you'll be out of breath by the time you get to the top.

Power hiking this kind of hill is almost the same as choosing to power hike in the run/walk strategy.

You have to calculate your energy vs. distance vs. speed.

The shorter the distance, the more you can run.

100 miles: If it goes up . . . walk.

Pay attention to:

Posture

Cadence

Arm swing

Hip swing

Lean

Stride

Form equals speed.

The strategy to use for gradual hills and the run/walk method is to keep as much speed as possible without running.

2. Intermediate

These are hills that are hard to run up.

Perhaps you run up these in training. But in a long race, you need to dial it back.

For intermediate hills, your strategy is more about conserving energy than speed.

Your power hike will be slower as a result.

The goal: Get to the top and be able to run immediately.

Technique for intermediate hills:

Posture - upright . . . center of balance over ball of forward foot. **DON'T bend over at waist.**

Shorten stride - **DON'T step ahead of centerline of your body.**

Heel drop - don't push with toes/calves

More arm swing

Hip swing and pivot.

Cadence depends on the energy you have and what you're willing to give for this hill right now.

Cadence is the gas pedal.

The goal: Get to the top and be able to run immediately.

3. Steep hills

Like stairs or steeper.

Strategy is all about energy conservation.

Shorten stride even more. The length of your foot or a little more.

Short stride - **DON'T step ahead of centerline of your body.**

Heel drop - don't push with toes/calves

Keep a strong arm swing.

Hip pivot.

Cadence - Monitor your energy output. Slow down as needed.

Goal: Get to the top as efficiently as you can. Focus on economy.

PRACTICE!

Next video - the importance of using strategy with the Core Power Hiking Method

And it will cover the times you should choose to power hike downhill.