

Tips for conquering the Belmont hills



- ◆ **Practice running hills** Simple right?
- ◆ **Eyes up** Looks slightly up the hill you are running. When you can see your feet, look up.
- ◆ **Shoulders back** With your shoulders back and chest up your arms will help pump you over the hill.
- ◆ **Even effort** Don't burn out on the hills. Keeping an even effort means you will slow down up the hill.
- ◆ **Push the crest** Even effort means you can power off the hill while everyone else is struggling.
- ◆ **Power walk** Sometimes the quickest way up a steep hill is a brisk walk.
- ◆ **Practice downhill** Running downhill strengthens your legs more than running up. Careful as it also leaves you sore!
- ◆ **Have fun** Sometimes laughing at a tough hill is all you can do.