

# Hill Simulation Planner for Flatland Trail Runners

## Simulation Methods

- Treadmill: Set incline to 12-15%, power-hike for 30 mins.
- Stairs: Use office or apartment stairs for vertical repeats.
- Parking Garage: Run up ramps, walk down recovery.

## Effort Zones

- Green = Recovery/Low HR zone
- Yellow = Sustainable climb effort
- Red = High-intensity hill sprints (use sparingly)

## Checklist

- Plan session duration in advance
- Pack soft flask & electrolytes
- Log total gain and perceived effort