

Uphill & Downhill Technique Drills for Mountain Ultras

Power-Hike Intervals

- Use treadmill or stairwell: 5 x 5-minute climbs at moderate pace
- Recovery: 2-minute walk or flat jog between reps

Downhill Agility Drills

- Set up a cone or rock ladder on a gentle downhill
- Run quick feet slalom patterns or 3-step burst-and-hold drills

Bounding & Hill Sprint Combos

- Do 3 sets of 20-second bounding strides uphill
- Followed by 2 x 15-second all-out hill sprints

Controlled Chaos Descents

- Pick a semi-technical downhill trail
- Run 3-5 short descents focusing on light footwork, scanning ahead, and arm control

Post-Hill Recovery Protocols

- Foam roll quads, glutes, calves for 5-10 mins
- Hydrate and take electrolytes within 20 minutes post-session
- Sleep minimum 8 hrs for neuromuscular recovery