

Bridge Repeats

Hill repeat workouts are a great way to build speed and strength, and the 103rd St Footbridge to Randall's Island is a great place to do some work.



Pre-workout:

Eat a healthy snack 1-2 hours before the workout, and drink plenty of water.

Stretch for about 10 minutes. Check out this guide to pre-run stretching from [HSS](#) for ideas on how to prepare your body for a workout.

Workout:

Warmup: Jog for 10 – 15 minutes—that could be from your home to the base of the bridge, or run up and down the path on the East River. This should be at an easy pace—one you can hold comfortably. Finish by jogging up and over the bridge to the Randall's Island side.

Workout: Starting at the base of the bridge, run up the bridge at a pace that is challenging, but that you can sustain—about 70% of your fastest all-out effort. Run at this pace to the top of the hill, then walk or jog back down. Repeat 8-10 times.

Cooldown: Jog for 10 – 15 minutes—this could mean heading back towards home, or running along the Island's coastline.

Safety Tips

Wear a mask or face covering while outside and keep 6 feet away from others

Try to run during off-peak hours – if the bridge feels too busy for you, there are some other great hills on the Island