

scottishathletics Off-Track Webinar:

Uphill Running

Purpose

To introduce both athletes and coaches to the discipline of uphill only running.

Summary

This webinar will introduce athletes and coaches to uphill running. Uphill races are popular in Europe and feature in the World (Senior only) and European Championships (U20 and senior).

Topics include

Types of uphill races

Specific training – tips for experienced athletes and those just trying it out

How the elite train

Race opportunities – in 2026 the **scottishathletics** Senior & U20 Hill Running Championship will be on an uphill only course on 11 April, up Ben Ledi, near Callander

Who

Jacob Adkin – Elite Mountain runner and European Mountain Running Champion 2019 on an uphill only course

Angela Mudge – World Mountain Running Champion in 2000 on an uphill only course

When

Wednesday 18 March @ 7:00pm

How

The webinar can be signed up for via google form: <https://forms.gle/65BX56QT9da7Cdp36>.

For more information email angela.mudge@scottishathletics.org.uk.