

Slab Cabin Run

Slab Cabin Park, 316 Elmwood St, State College, PA 16801

Course	Short out and back run on bike path with added hill repeats			
Terrain	Low- to high-grade hills			
Surface	grass / trail / pavement			
Total distance	<2.5 miles			
Total time	<60 min			
Difficulty	Easy	Moderate	Hard	Extra Hard

Run description:

Warmup (30 min) includes 1 mile run on trails in the park and then on the bike path out to the "tunnel" under the East College overpass and back. We do a few drills before we concur the hill. The hill workout includes 3 short, 3 medium, and 3 long hills on the Slab Cabin climb. Run up at hard effort and jog / walk back down. This is a steep hill, and it makes you breathe hard. It is a great fortitude workout for cross country runners looking to become stronger physically and mentally.

