



Seo Analyzer uphillathlete.com

Generated on February 28 2022 08:02 AM






The score is **56/100**







SEO Content

| | Title | <p>Uphill Athlete &mdash; Train smarter. Climb better.</p> <p>Length : 51</p> <p>Perfect, your title contains between 10 and 70 characters.</p> | | | | | | | | | | | | | | |
|-------------|---|---|----------|---------|--------|-------|------|---------|-------|---|-------------|---|-----|----------------------------|-----------|----------------|
| | Description | <p>Uphill Athlete is a platform for openly sharing proven training knowledge for the sports of alpinism, mountaineering, rock and ice climbing, skimo...</p> <p>Length : 149</p> <p>Great, your meta description contains between 70 and 160 characters.</p> | | | | | | | | | | | | | | |
| | Keywords | <p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p> | | | | | | | | | | | | | | |
| | Og Meta Properties | <p>Good, your page take advantage of Og Properties.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Property</th> <th style="text-align: left;">Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Uphill Athlete &mdash; Train smarter. Climb better.</td> </tr> <tr> <td>description</td> <td>Uphill Athlete is a platform for openly sharing proven training knowledge for the sports of alpinism, mountaineering, rock and ice climbing, skimo...</td> </tr> <tr> <td>url</td> <td>https://uphillathlete.com/</td> </tr> <tr> <td>site_name</td> <td>Uphill Athlete</td> </tr> </tbody> </table> | Property | Content | locale | en_US | type | website | title | Uphill Athlete — Train smarter. Climb better. | description | Uphill Athlete is a platform for openly sharing proven training knowledge for the sports of alpinism, mountaineering, rock and ice climbing, skimo... | url | https://uphillathlete.com/ | site_name | Uphill Athlete |
| Property | Content | | | | | | | | | | | | | | | |
| locale | en_US | | | | | | | | | | | | | | | |
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| url | https://uphillathlete.com/ | | | | | | | | | | | | | | | |
| site_name | Uphill Athlete | | | | | | | | | | | | | | | |

SEO Content

|  | Headings | <table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>0</td><td>11</td><td>12</td><td>4</td><td>0</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none">• [H2] Connect. Learn. Train.• [H2]• [H2] Our Guide for Navigating Uphill Athlete• [H2] Our Guide for Navigating Uphill Athlete• [H2] Nose in a Day in the Time of COVID-19• [H2] Intensity Monitoring during Training• [H2] Endurance Hangboard Routine for Any Training Board• [H2] Professional Alpinist David Goettler Gets Strong with Uphill Athlete• [H2] Commitment Is Not Discipline• [H2] How to Do Core: Scott's Killer Core Routine• [H2] How to Maximize Your Fitness: Duration vs. High-Intensity Training• [H3] Connect. Learn. Train.• [H3] Fast Transition from Skiing to Skinning• [H3] Uphill Athlete Yoga• [H3] Fast Transition from Skinning to Skiing• [H3] Female Uphill Athlete: Strategies to balance life's responsibilities.• [H3] A Simple and Inexpensive Workbench for Touring and Skimo Skis• [H3] How to Choose and Prepare your Skins for Skimo• [H3] Recovery by Feel• [H3] Training Practice• [H3] Training Theory• [H3] Athlete Stories• [H3] Recent Videos• [H4] Get proven training knowledge from Steve House, Scott Johnston, & Uphill Athlete delivered directly to your inbox.• [H4] Sign In• [H4] Recover Password• [H4] Register | H1 | H2 | H3 | H4 | H5 | H6 | 0 | 11 | 12 | 4 | 0 | 0 |
|---|-----------------|--|----|----|----|----|----|----|---|----|----|---|---|---|
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 0 | 11 | 12 | 4 | 0 | 0 | | | | | | | | | |
|  | Images | <p>We found 60 images on this web page.</p> <p>28 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p> | | | | | | | | | | | | |
|  | Text/HTML Ratio | <p>Ratio : 3%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p> | | | | | | | | | | | | |
|  | Flash | <p>Perfect, no Flash content has been detected on this page.</p> | | | | | | | | | | | | |
|  | Iframe | <p>Great, there are no Iframes detected on this page.</p> | | | | | | | | | | | | |

SEO Links

| | | |
|--|-------------------------|--|
|  | URL Rewrite | Good. Your links looks friendly! |
|  | Underscores in the URLs | We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO. |
|  | In-page links | We found a total of 80 links including 0 link(s) to files |
|  | Statistics | External Links : noFollow 0% External Links : Passing Juice 3.75% Internal Links 96.25% |

In-page links

| Anchor | Type | Juice |
|---|----------|---------------|
| Our Guide for Navigating Uphill Athlete | Internal | Passing Juice |
| Connect. Learn. Train. | Internal | Passing Juice |
| Fast Transition from Skiing to Skinning | Internal | Passing Juice |
| Uphill Athlete Yoga | Internal | Passing Juice |
| Fast Transition from Skinning to Skiing | Internal | Passing Juice |
| Female Uphill Athlete: Strategies to balance life's responsibilities. | Internal | Passing Juice |
| A Simple and Inexpensive Workbench for Touring and Skimo Skis | Internal | Passing Juice |
| How to Choose and Prepare your Skins for Skimo | Internal | Passing Juice |
| HOME | Internal | Passing Juice |
| RESOURCES | Internal | Passing Juice |
| Training Practice | Internal | Passing Juice |
| Training Theory | Internal | Passing Juice |
| Videos | Internal | Passing Juice |
| The Uphill Athlete Podcast | Internal | Passing Juice |
| Athlete Stories | Internal | Passing Juice |
| | | |

In-page links

| | | |
|---|----------|---------------|
| Alpinism | Internal | Passing Juice |
| Climbing | Internal | Passing Juice |
| Mountain Running | Internal | Passing Juice |
| Mountaineering | Internal | Passing Juice |
| Ski Mountaineering | Internal | Passing Juice |
| SkiMo-Racing | Internal | Passing Juice |
| Tactical Athletes | Internal | Passing Juice |
| FAQ | Internal | Passing Juice |
| FORUMS | Internal | Passing Juice |
| TRAINING PLANS | Internal | Passing Juice |
| COACHING | Internal | Passing Juice |
| ABOUT | Internal | Passing Juice |
| PHILOSOPHY | Internal | Passing Juice |
| TESTIMONIALS | Internal | Passing Juice |
| IN THE MEDIA | Internal | Passing Juice |
| CONTACT | Internal | Passing Juice |
| Shop | Internal | Passing Juice |
| login | Internal | Passing Juice |
| Featured | Internal | Passing Juice |
| Group Training | Internal | Passing Juice |
| = | Internal | Passing Juice |
| SkiMo-Racing Training Plan | Internal | Passing Juice |
| Recovery by Feel | Internal | Passing Juice |
| 5 Reasons Why a Strong Core Makes You a Better Ski Mountaineer | Internal | Passing Juice |
| How to Administer and Analyze a Heart Rate Drift Test | Internal | Passing Juice |
| Coaching | Internal | Passing Juice |
| Talking Health, Performance, and Longevity, with Jesse Charles, M.D | Internal | Passing Juice |

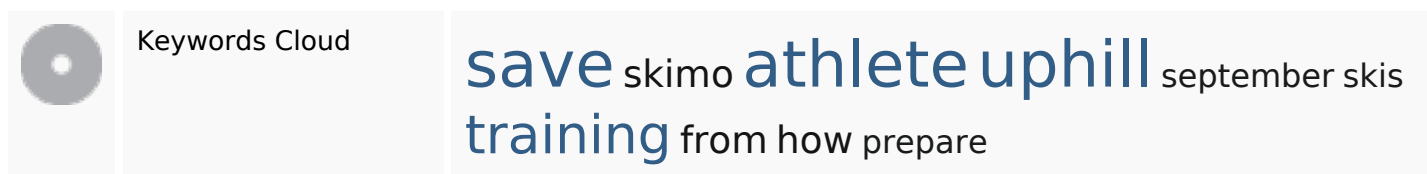
In-page links

| | | |
|--|----------|---------------|
| Talking Metabolic Testing with Director of Sports Performance at UC Davis, Judd Van Sickle | Internal | Passing Juice |
| Phil Maffetone on Health, Training, and Aerobic Deficiency | Internal | Passing Juice |
| Nose in a Day in the Time of COVID-19 | Internal | Passing Juice |
| Bikepacking Training Using the Uphill Athlete Methodology | Internal | Passing Juice |
| The Uphill Athlete Podcast: Meet Art M., a 74-y.o. athlete in training. | Internal | Passing Juice |
| The Uphill Athlete Podcast: Luke Nelson and Training for Ultra Running | Internal | Passing Juice |
| Training for Link Sar | Internal | Passing Juice |
| Motivation and Perseverance | Internal | Passing Juice |
| Intensity Monitoring during Training | Internal | Passing Juice |
| Determining Aerobic Threshold Using Breath Monitoring | Internal | Passing Juice |
| Endurance Hangboard Routine for Any Training Board | Internal | Passing Juice |
| Skill vs. Strength Training in Rock Climbing | Internal | Passing Juice |
| Professional Alpinist David Goettler Gets Strong with Uphill Athlete | Internal | Passing Juice |
| Scott Johnston and the Roots of Uphill Athlete | Internal | Passing Juice |
| Commitment Is Not Discipline | Internal | Passing Juice |
| Why Miles Matter in Running | Internal | Passing Juice |
| How to Do Core: Scott's Killer Core Routine | Internal | Passing Juice |
| How to Maximize Your Fitness: Duration vs. High-Intensity Training | Internal | Passing Juice |
| Kilian Jornet Interview: Training for Different Races | Internal | Passing Juice |
| Debriefing a Climb (or Ski) | Internal | Passing Juice |
| Skimo Striding and Bounding Technique | Internal | Passing Juice |
| Pay Attention! Tips for Thriving, and Surviving, as a Climber | Internal | Passing Juice |
| Running in the Khumbu to Acclimatize | Internal | Passing Juice |
| How to Locate a Belay When Ice Climbing | Internal | Passing Juice |
| Alpine Principles: Fail Well | Internal | Passing Juice |
| Easily Find Training Locations When Traveling | Internal | Passing Juice |

In-page links

| | | |
|---|----------|---------------|
| Alpine Principles: Mentorship Gone Digital | Internal | Passing Juice |
| Steve House: How to Get off an Ice Climb | Internal | Passing Juice |
| Steve House Packing for an Overnight Alpine Climb | Internal | Passing Juice |
| Resources | Internal | Passing Juice |
| Sign up with a Coach | External | Passing Juice |
| Schedule Phone Consultation | Internal | Passing Juice |
| Workshops | Internal | Passing Juice |
| Disclaimer | Internal | Passing Juice |
| EisHouse Advertising | External | Passing Juice |
| MoonRivers Technology Group | External | Passing Juice |
| Privacy Policy | Internal | Passing Juice |
| Lost password? | Internal | Passing Juice |






SEO Keywords














Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|----------|---------|-------|----------|-------------|----------|
| athlete | 12 | ✓ | ✗ | ✓ | ✓ |
| uphill | 10 | ✓ | ✗ | ✓ | ✓ |
| save | 10 | ✗ | ✗ | ✗ | ✗ |
| training | 9 | ✗ | ✗ | ✓ | ✓ |
| skimo | 4 | ✗ | ✗ | ✓ | ✓ |

Usability

| | | |
|--|--------------|---|
|  | Url | Domain : uphillathlete.com Length : 17 |
|  | Favicon | Great, your website has a favicon. |
|  | Printability | We could not find a Print-Friendly CSS. |
|  | Language | Good. Your declared language is en. |
|  | Dublin Core | This page does not take advantage of Dublin Core. |





Document

| | | |
|--|-----------------|--|
|  | Doctype | HTML 5 |
|  | Encoding | Perfect. Your declared charset is UTF-8. |
|  | W3C Validity | Errors : 0 Warnings : 0 |
|  | Email Privacy | Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers. |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML. |
|  | Speed Tips | <ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip. |

Mobile

| | | |
|--|---------------------|--|
|  | Mobile Optimization | <ul style="list-style-type: none">✓ Apple Icon✓ Meta Viewport Tag✓ Flash content |
|--|---------------------|--|

Optimization

| | | |
|--|-------------|---|
|  | XML Sitemap | <p>Great, your website has an XML sitemap.</p> <p>http://uphillathlete.com/sitemap.xml</p> |
|  | Robots.txt | <p>http://uphillathlete.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p> |
|  | Analytics | <p>Great, your website has an analytics tool.</p> <p> Google Analytics</p> |