

WALK/RUN

TIME	SPEED	INCLINE	NOTES
0:00-5:00	3.0	0.0	Warmup
5:00-6:00	5.5	0.0	Ladder One
6:00-7:00	3.5	0.0	Recover
7:00-9:00	5.5	0.0	
9:00-10:00	3.5	0.0	Recover
10:00-13:00	5.5	0.0	
13:00-14:00	3.5	0.0	Recover
14:00-16:00	5.5	0.0	
16:00-17:00	3.5	0.0	Recover
17:00-18:00	5.5	0.0	
18:00-19:00	3.5	0.0	Recover
19:00-20:00	5.5	4.0	Ladder Two
20:00-21:00	3.5	0.0	Recover
21:00-23:00	5.5	3.0	
23:00-24:00	3.5	0.0	Recover
24:00-27:00	5.5	2.0	
27:00-28:00	3.5	0.0	Recover
28:00-30:00	5.5	3.0	
30:00-31:00	3.5	0.0	Recover
31:00-32:00	5.5	4.0	
32:00-37:00	3.0	0.0	Cooldown

RUN

TIME	SPEED	INCLINE	NOTES
0:00-5:00	4.0	0.0	Warmup
5:00-6:00	6.0	0.0	Ladder One
6:00-7:00	4.0	0.0	Recover
7:00-9:00	6.0	0.0	
9:00-10:00	4.0	0.0	Recover
10:00-13:00	6.0	0.0	
13:00-14:00	4.0	0.0	Recover
14:00-16:00	6.0	0.0	
16:00-17:00	4.0	0.0	Recover
17:00-18:00	6.0	0.0	
18:00-19:00	4.0	0.0	Recover
19:00-20:00	6.0	4.0	Ladder Two
20:00-21:00	4.0	0.0	Recover
21:00-23:00	6.0	3.0	
23:00-24:00	4.0	0.0	Recover
24:00-27:00	6.0	2.0	
27:00-28:00	4.0	0.0	Recover
28:00-30:00	6.0	3.0	
30:00-31:00	4.0	0.0	Recover
31:00-32:00	6.0	4.0	
32:00-37:00	4.0	0.0	Cooldown

RUN FASTER

TIME	SPEED	INCLINE	NOTES
0:00-5:00	5.5	0.0	Warmup
5:00-6:00	8.0	0.0	Ladder One
6:00-7:00	6.0	0.0	Recover
7:00-9:00	8.0	0.0	
9:00-10:00	6.0	0.0	Recover
10:00-13:00	8.0	0.0	
13:00-14:00	6.0	0.0	Recover
14:00-16:00	8.0	0.0	
16:00-17:00	6.0	0.0	Recover
17:00-18:00	8.0	0.0	
18:00-19:00	6.0	0.0	Recover
19:00-20:00	8.0	4.0	Ladder Two
20:00-21:00	6.0	0.0	Recover
21:00-23:00	8.0	3.0	
23:00-24:00	6.0	0.0	Recover
24:00-27:00	8.0	2.0	
27:00-28:00	6.0	0.0	Recover
28:00-30:00	8.0	3.0	
30:00-31:00	6.0	0.0	Recover
31:00-32:00	8.0	4.0	
32:00-37:00	5.0	0.0	Cooldown

POPSUGAR

METABOLISM REV: TREADMILL RUN

The three versions of this ladder run workout increase in intensity; choose the plan that best suits your fitness needs.

Progress to the next level when you're ready for a new challenge.