

INDOOR WORKOUT SERIES

THE LADDER

Ladder workouts are a type of “structured fartlek” that can take a variety of forms, including Ladder with consistent rest, Ladder with equal rest, Inverted Ladder , Extended Ladder and Repeat Ladder



Length of Workout: 33 min – 82 min -variable based on ladder construction



Benefits: Ladders are a great way to increase speed, strength and endurance, as they are a structured form of the fartlek sessions.



Tip: This variety will give you the tools necessary to choose the right ladder for your fitness level and the desired duration of your workout. Progress in ladder difficulty to reach new levels of fitness, both hard and easy sessions alike.

THE LADDER

	Ladder w/ consistent rest (intermediate)	Ladder w/ equal rest (novice)	Inverted Ladder (intermediate)	Extended Ladder (advanced)	Repeat Ladder (Elite)
Warm-up	10-20 min	10-20 min	10-20 min	10-20 min	10-20 min
Sets	1	1	1	1	2
Interval 1	1 min	1 min	3 min	5 min	5 min
Interval 2	2 min	2 min	2 min	3 min	3 min
Interval 3	3 min	3min	1 min	1 min	1 min
Interval 4	2 min	2 min	2 min	3 min	3 min
Interval 5	1 min	1 min	3 min	5 min	5 min
Recovery Interval	1 min between each	Rest equal to length of prior interval	1 min between each*	1 min between each*	1 min between each*
Cool-Down	10-20 min	10-20 min	10-20 min	10-20 min	
Total Workout Time	33-53 min	37-57 min	35-55 min	41-61 min	62-82 min

*Can also be completed as a ladder w/equal rest to make the session slightly easier

Get more great tips for indoor training at
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