

the treadmill ladder workout

You'll start with an easy 1-mile warm-up, then get straight into the ladder. The first level is 1 mile at a moderate intensity, and as you progress up the ladder, the intensity will become greater. You'll get even amounts of rest between each interval, with the final one being the shortest distance but the most intense effort.

	RPE (/10)
Warm-up - 1 mile easy	5
Level 1: 1 mile moderate	6.5
Recovery: 0.3 miles easy	6
Level 2: 0.8 miles moderate/hard	7.5
Recovery: 0.3 miles easy	6
Level 3: 0.6 miles hard	8
Recovery: 0.3 miles easy	6
Level 4: 0.4 miles harder	9
Recovery: 0.3 miles easy	6
Level 5: 0.2 miles hardest	10
Recovery: 0.3 miles easy	6
Cool down - 0.5 miles easy effort	5

Total: 7 miles