



GET FASTER!

Speed-Building Ladder Treadmill
Workout

Lea Genders Fitness

Speed-Building Ladder Treadmill Workout

- Five minutes warm-up
- Five minutes at 5k pace
- Four minutes at recovery pace
- Four minutes at 5k pace minus 10 seconds (increase speed by 10 seconds per mile)
- Three minutes at recovery pace
- Three minutes at 5K pace minus 20 seconds (increase speed by another 10 seconds per mile)
- Two minutes at recovery pace
- Two minutes at 5K pace minus 30 seconds (increase speed by another 10 seconds per mile)
- One minute at recovery pace
- One minute at 5k pace minus 40 seconds (increase speed by 10 another seconds per mile)
- Walk to cool down until heart-rate returns to normal

Learn more on www.leagendersfitness.com

Coach Lea

I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in Fort Worth, and online run coaching. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help.

While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.
www.leagendersfitness.com