

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

Ladder Intervals Routine

What This Workout Is

Ladder intervals are a structured cardio routine where the length of your harder efforts gradually increases and then decreases. This helps build endurance, pacing awareness, and cardiovascular fitness without overwhelming intensity.

How To Do It

1. Warm up for 3–5 minutes at an easy pace.
2. 1 minute moderate-to-hard effort → 1 minute easy recovery.
3. 2 minutes moderate-to-hard effort → 2 minutes easy recovery.
4. 3 minutes moderate-to-hard effort → 3 minutes easy recovery.
5. 2 minutes moderate-to-hard effort → 2 minutes easy recovery.
6. 1 minute moderate-to-hard effort → 1 minute easy recovery.
7. Cool down for 3–5 minutes.

How To Customize It

- Walking: brisk pace or hills for work intervals, relaxed walking for recovery.
- Treadmill: increase speed or incline during work intervals, reduce during recovery.
- Bike: add resistance or cadence for work intervals, ease off for recovery.
- Rower: stronger strokes during work intervals, light strokes during recovery.
- No equipment: jog in place or fast march for work intervals, slow march for recovery.

Progression Options

- Add a second 3-minute work interval in the middle of the ladder.
- Slightly increase pace or resistance during work intervals.
- Reduce recovery intervals by 30 seconds once the workout feels manageable.