



# Workout Set

## Down Ladder Accelerations

Terrain	Team
<input checked="" type="checkbox"/> Measured track <input type="checkbox"/> Unmeasured track <input type="checkbox"/> Roads/Trails <input type="checkbox"/> Field/Lot	<input checked="" type="checkbox"/> Individual <input type="checkbox"/> Teams of 2 <input type="checkbox"/> Teams of 3 <input type="checkbox"/> Teams of 4+

### Description

A ladder workout is one in which each interval is like the rung of a ladder, going up or down in distance from one interval to the next. A down ladder acceleration workout set begins at the top of the ladder and stops at the bottom. This spin on the popular down ladder set has virtually infinite combinations and differs in that there is an increase in intensity within the interval itself at a specified distance within.

This workout set is most useful during build and race phase because of the attention to small fluctuations in intensity and base fitness required to be able to accelerate within an interval. This workout set focuses on speed and acceleration. A down ladder workout set is popular because it is a natural act of running to start off slower to warmup and to then increase the intensity while decreasing the distance. A down ladder acceleration can also be used as a post-set to finish a race phase workout set on a strong note.

### Examples

Phase	Type	Set		
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 4 x 1000 4 x 300	<u>Intensity</u> 70% (last 200 at 80%) 80% (last 100 at 90%)	<u>Recovery (m)</u> 400 200  Work on good turnover (foot strike and arm action) at ~90 RPM.
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 2 x 1000 2 x 800 2 x 600 2 x 400	<u>Intensity</u> 250 easy, 500 medium, 250 mediard 200 easy, 400 medium, 200 mediard 150 easy, 300 medium, 150 mediard 100 easy, 200 medium, 100 mediard	200m recovery between each interval.
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 2 x 1200 2 x 800 2 x 400	<u>Intensity</u> medium (last 400 mediard) medium (last 200 mediard) medium (last 100 mediard)	200m recovery between each interval.

Phase	Type	Set		
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 4 x 600 4 x 400  200m recovery between each interval.	<u>Intensity</u> medium (last 200 hard) medium (last 100 hard)	
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 800 2 x 600 4 x 400  200m recovery between each interval.	<u>Intensity</u> easium (last 300 medium) medium (last 200 mediard) mediard (last 100 hard)	
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input checked="" type="checkbox"/> Race <input type="checkbox"/> Maint.	<input checked="" type="checkbox"/> Pre-set <input type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 400 350 300 250 200	<u>Intensity</u> 60% (last 100 at 85%) 65% (last 100 at 85%) 70% (last 100 at 85%) 75% (last 100 at 85%) 80% (last 100 at 85%)	<u>Recovery (m)</u> 50 100 150 200
<input type="checkbox"/> Base <input type="checkbox"/> Build <input checked="" type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 400 350 300 250 200 150 100	<u>Intensity</u> 60% (last 100 at 90%) 65% (last 100 at 90%) 70% (last 100 at 90%) 75% (last 100 at 90%) 80% (last 100 at 90%) 85% (last 100 at 90%) 90%	<u>Recovery (m)</u> 50 100 150 200 250 300
<input type="checkbox"/> Base <input type="checkbox"/> Build <input checked="" type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 2 x 400 2 x 200 2 x 100	<u>Intensity</u> 60% (last 200 at 70%) 70% (last 100 at 80%) 80% (last 50 at 90%)	<u>Recovery (m)</u> 100 200 300