



H2F – Run the Ladder

Attribute	Exercise	Sets	Reps	RIR	Load
AC	A.1 1600 m (1 mile) Warmup run	1	1		
AC	B.1 200m Run	1	1		
	* Estimate time from most recent 2 mile run or 5 mile run, then minus. That is the goal time *	*Rest double the run time then move on*			
AC	C.1 400m Run	1	1		
	* Double 200m Run time*	*Rest double the run time then move on*			
AC	D.1 800m Run	1	1		
	* Double 400m Run time*	*Rest double the run time then move on*			
AC	E.1 800m Run	1	1		
	* Repeat prior time*	*Rest double the run time then move on*			
AC	F.1 400 m Run	1	1		
	use prior time	*Rest double the run time then move on*			
AC	G.1 200 m Run				
	use prior time	*Rest Double the run time then move on*			
AC	F.1 100 m Run	1	1		
	Half previous time	*Rest Double the run time then cool down and stretch*			

Cobalt H2F Resources: