

Neighborhood Running Ladder



Workout from Kelly Buresh

39 minutes for endurance building!

| EXERCISE | DURATION |
|-----------------|-----------|
| Walk / Jog | 3 Minutes |
| Push Pace / Run | 1 Minute |
| Walk / Jog | 1 Minute |
| Push Pace / Run | 2 Minutes |
| Walk / Jog | 1 Minute |
| Push Pace / Run | 3 Minutes |
| Walk / Jog | 1 Minute |
| Push Pace / Run | 4 Minutes |
| Walk / Jog | 1 Minute |

| EXERCISE | DURATION |
|-----------------|-----------|
| Push Pace / Run | 5 Minutes |
| Walk / Jog | 1 Minute |
| Push Pace / Run | 4 Minutes |
| Walk / Jog | 1 Minute |
| Push Pace / Run | 3 Minutes |
| Walk / Jog | 1 Minute |
| Push Pace / Run | 2 Minutes |
| Walk / Jog | 1 Minute |
| Push Pace / Run | 1 Minutes |
| Walk/Cool Down | 3 Minutes |