



Pyramid Ladder Sprints

You can walk during the “Recovery Jog” if that better fits your current fitness level.

Warm Up

(5-8 minutes to prepare your body for the workout)

Sprint- 10 Sec

Recovery Jog – 50 Sec

Sprint- 20 Sec

Recovery Jog – 40 Sec

Sprint- 30 Sec

Recovery Jog – 30 Sec

Sprint- 40 Sec

Recovery Jog – 20 Sec

Sprint- 50 Sec

Recovery Jog – 10 Sec

Sprint- 60 Sec

Recovery Jog – 3 Min

Sprint- 50 Sec

Recovery Jog – 10 Sec

Sprint-40 Sec

Recovery Jog – 20 Sec

Sprint- 30 Sec

Recovery Jog – 30 Sec

Sprint- 20 Sec

Recovery Jog – 40 Sec

Sprint- 10 Sec

Recovery Jog – 50 Sec

Walk – 3-5 Min

Cool Down & Stretch