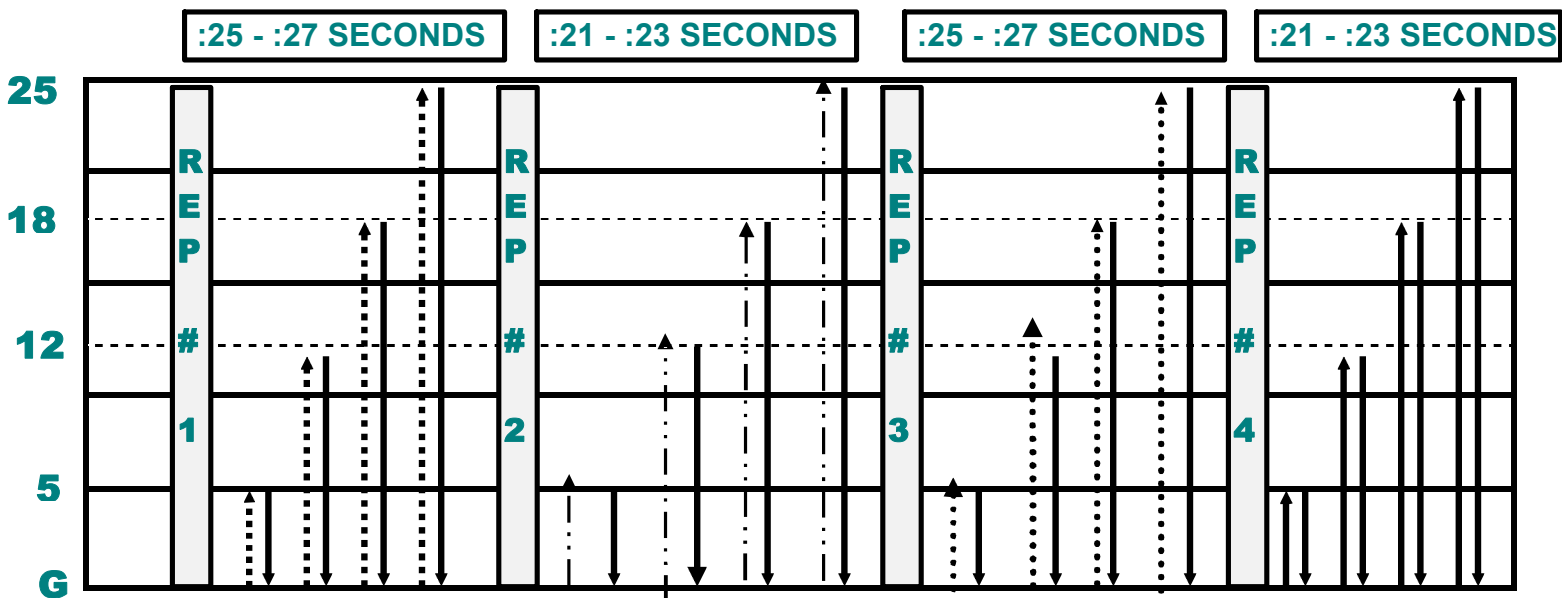
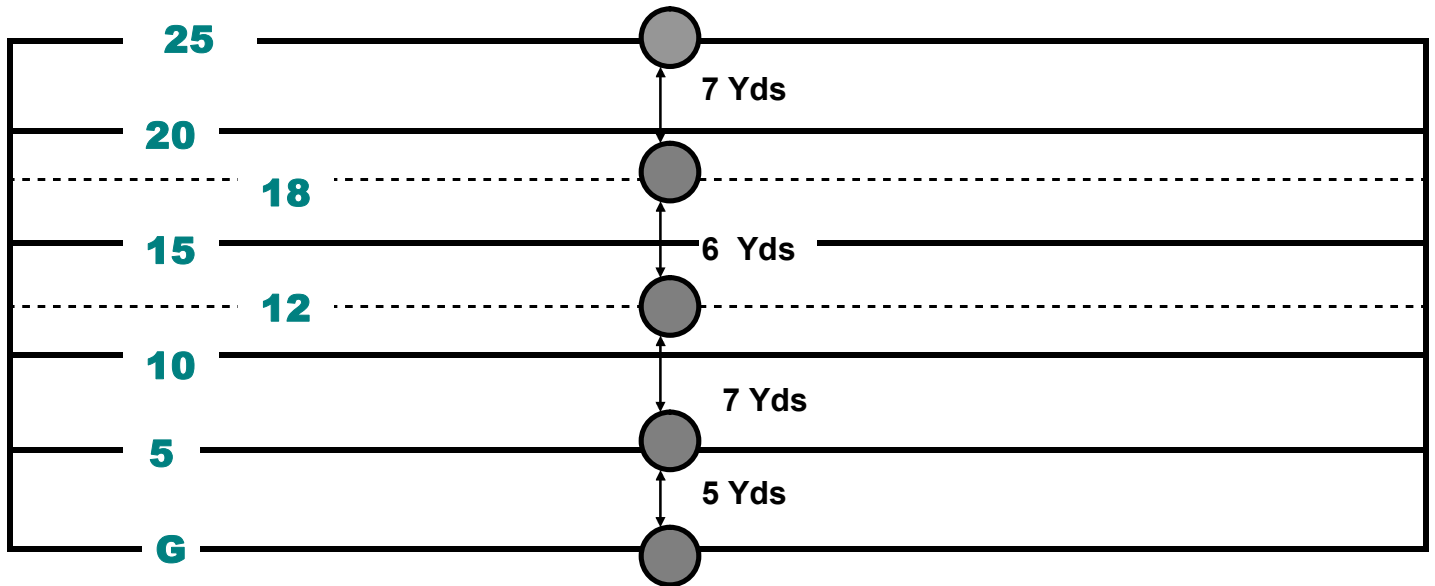
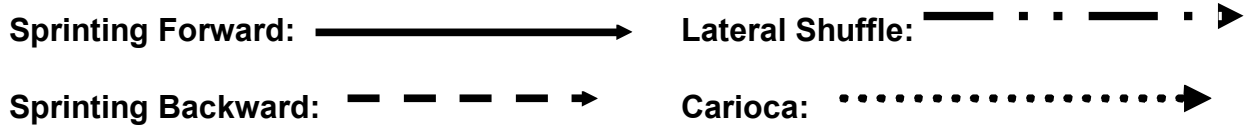


FOUR STEP LADDERS (120 YARDS/REPETITION)



LADDAR RUNNING KEY



<u>RECOVERY INTERVALS</u>		
<u>MARCH/APRIL</u>	<u>MAY</u>	<u>JUNE/JULY</u>
4.5 X TIME TO RUN PATTERN OR RECOVERY TO 145/BPM	4 X TIME TO RUN PATTERN OR RECOVERY TO 150 B/PM	3 X TIME TO RUN PATTERN OR RECOVERY TO 155/BPM