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lad·der  (lăd ər)

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n.

1.

a. An often portable structure consisting of two long sides crossed by parallel rungs, used to climb up and down.

b. Something that resembles this device, especially a run in a stocking.

2.

a. A means of moving higher or lower, as in a hierarchy: *used his accomplishments as a ladder to success.*

b. A series of ranked stages or levels: *high on the executive ladder.*

3. A fish ladder.

4. *Sports*

a. An athletic workout in which one does progressively longer intervals followed by progressively shorter intervals.

b. One of the intervals in such a workout.

intr.v. **lad·dered**, **lad·der·ing**, **lad·ders**

To run, as a stocking does.

[Middle English, from Old English *hlæder*; see **klei-** [in the Appendix of Indo-European roots](#).]

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