

Foundation: Test Ready

Build the habit and your first base of fitness. Walk/run intervals, bodyweight basics and consistent, easy training days.

Targets for the end of week 6

- Run 2 minutes, walk 1 minute, for 20 minutes
- Do 5 or more push-ups from the floor or a low bench with clean form
- Hold a forearm plank for 30 seconds
- Learn the hip hinge with a light kettlebell

How to use this plan

Start if: You can walk briskly for 30 minutes. Train on the planned days and check off each session. Easy runs should feel conversational. Rest periods are listed after each set. Every exercise has an easier and a harder option on titanfuel.org/training/foundation, along with video demos and coaching cues. Week 6 is lighter and ends with a practice test, so write down your results.

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WEEK 1

Set your baseline

DAY	SESSION	WHAT TO DO	DONE
Monday	Strength A about 45 min	Dynamic Warm-Up: 8 minutes Squat: 2 sets of 9 reps, rest 60 sec (Bodyweight. Squat to a bench if you need a target.) Push-Up: 2 sets of 4 reps, rest 75 sec (Hands on a bench if the floor is too hard.) Dumbbell Row: 2 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 25 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Walk/run intervals about 31 min	Walk/Run Intervals: 7 rounds: run 1 min, walk 2 min Mobility Cool-Down: 5 minutes	
Wednesday	Active recovery about 30 min	Recovery Walk: 20 to 30 minutes Mobility Cool-Down: 10 minutes	
Thursday	Strength B about 45 min	Dynamic Warm-Up: 8 minutes Glute Bridge: 2 sets of 11 reps, rest 45 sec Lunge: 2 sets of 7 reps each leg, rest 60 sec Farmer's Carry: 3 carries of 40 yards, rest 60 sec Dead Bug: 2 sets of 6 reps each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Walk/run + core about 40 min	Walk/Run Intervals: 7 rounds: run 1 min, walk 2 min Dead Bug: 2 sets of 6 reps each side, rest 30 sec Glute Bridge: 2 sets of 12 reps, rest 45 sec Mobility Cool-Down: 5 minutes	
Saturday	Long walk about 33 min	Recovery Walk: 33 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	

WEEK 2

Build the habit

DAY	SESSION	WHAT TO DO	DONE
Monday	Strength A about 45 min	Dynamic Warm-Up: 8 minutes Squat: 2 sets of 10 reps, rest 60 sec (Bodyweight. Squat to a bench if you need a target.) Push-Up: 2 sets of 5 reps, rest 75 sec (Hands on a bench if the floor is too hard.) Dumbbell Row: 2 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 30 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Walk/run intervals about 34 min	Walk/Run Intervals: 8 rounds: run 1 min, walk 2 min Mobility Cool-Down: 5 minutes	
Wednesday	Active recovery about 30 min	Recovery Walk: 20 to 30 minutes Mobility Cool-Down: 10 minutes	
Thursday	Strength B about 45 min	Dynamic Warm-Up: 8 minutes Glute Bridge: 2 sets of 12 reps, rest 45 sec Lunge: 2 sets of 8 reps each leg, rest 60 sec Farmer's Carry: 3 carries of 40 yards, rest 60 sec Dead Bug: 2 sets of 6 reps each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Walk/run + core about 40 min	Walk/Run Intervals: 8 rounds: run 1 min, walk 2 min Dead Bug: 2 sets of 6 reps each side, rest 30 sec Glute Bridge: 2 sets of 12 reps, rest 45 sec Mobility Cool-Down: 5 minutes	
Saturday	Long walk about 36 min	Recovery Walk: 36 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	

WEEK 3

Add volume

DAY	SESSION	WHAT TO DO	DONE
Monday	Strength A about 45 min	Dynamic Warm-Up: 8 minutes Squat: 3 sets of 11 reps, rest 60 sec (Bodyweight. Squat to a bench if you need a target.) Push-Up: 3 sets of 6 reps, rest 75 sec (Hands on a bench if the floor is too hard.) Dumbbell Row: 3 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 35 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Walk/run intervals about 37 min	Walk/Run Intervals: 9 rounds: run 1.5 min, walk 1.5 min Mobility Cool-Down: 5 minutes	
Wednesday	Active recovery about 30 min	Recovery Walk: 20 to 30 minutes Mobility Cool-Down: 10 minutes	
Thursday	Strength B about 45 min	Dynamic Warm-Up: 8 minutes Glute Bridge: 3 sets of 13 reps, rest 45 sec Lunge: 3 sets of 9 reps each leg, rest 60 sec Farmer's Carry: 4 carries of 40 yards, rest 60 sec Dead Bug: 2 sets of 6 reps each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Walk/run + core about 40 min	Walk/Run Intervals: 9 rounds: run 1.5 min, walk 1.5 min Dead Bug: 2 sets of 6 reps each side, rest 30 sec Glute Bridge: 2 sets of 12 reps, rest 45 sec Mobility Cool-Down: 5 minutes	
Saturday	Long walk about 39 min	Recovery Walk: 39 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	

WEEK 4

Raise the intensity

DAY	SESSION	WHAT TO DO	DONE
Monday	Strength A about 45 min	Dynamic Warm-Up: 8 minutes Squat: 3 sets of 12 reps, rest 60 sec (Bodyweight. Squat to a bench if you need a target.) Push-Up: 3 sets of 7 reps, rest 75 sec (Hands on a bench if the floor is too hard.) Dumbbell Row: 3 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 40 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Walk/run intervals about 45 min	Walk/Run Intervals: 10 rounds: run 2 min, walk 1.5 min Mobility Cool-Down: 5 minutes	
Wednesday	Active recovery about 30 min	Recovery Walk: 20 to 30 minutes Mobility Cool-Down: 10 minutes	
Thursday	Strength B about 45 min	Dynamic Warm-Up: 8 minutes Glute Bridge: 3 sets of 14 reps, rest 45 sec Lunge: 3 sets of 10 reps each leg, rest 60 sec Farmer's Carry: 4 carries of 40 yards, rest 60 sec Dead Bug: 2 sets of 6 reps each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Walk/run + core about 40 min	Walk/Run Intervals: 10 rounds: run 2 min, walk 1.5 min Dead Bug: 2 sets of 6 reps each side, rest 30 sec Glute Bridge: 2 sets of 12 reps, rest 45 sec Mobility Cool-Down: 5 minutes	
Saturday	Long walk about 42 min	Recovery Walk: 42 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	

WEEK 5

Peak week

DAY	SESSION	WHAT TO DO	DONE
Monday	Strength A about 45 min	Dynamic Warm-Up: 8 minutes Squat: 3 sets of 13 reps, rest 60 sec (Bodyweight. Squat to a bench if you need a target.) Push-Up: 3 sets of 8 reps, rest 75 sec (Hands on a bench if the floor is too hard.) Dumbbell Row: 3 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 45 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Walk/run intervals about 43 min	Walk/Run Intervals: 11 rounds: run 2 min, walk 1 min Mobility Cool-Down: 5 minutes	
Wednesday	Active recovery about 30 min	Recovery Walk: 20 to 30 minutes Mobility Cool-Down: 10 minutes	
Thursday	Strength B about 45 min	Dynamic Warm-Up: 8 minutes Glute Bridge: 3 sets of 15 reps, rest 45 sec Lunge: 3 sets of 11 reps each leg, rest 60 sec Farmer's Carry: 4 carries of 40 yards, rest 60 sec Dead Bug: 2 sets of 6 reps each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Walk/run + core about 40 min	Walk/Run Intervals: 11 rounds: run 2 min, walk 1 min Dead Bug: 2 sets of 6 reps each side, rest 30 sec Glute Bridge: 2 sets of 12 reps, rest 45 sec Mobility Cool-Down: 5 minutes	
Saturday	Long walk about 45 min	Recovery Walk: 45 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	

WEEK 6

Check and recover

DAY	SESSION	WHAT TO DO	DONE
Monday	Strength, light about 35 min	Dynamic Warm-Up: 8 minutes Squat: 2 sets of 11 reps, rest 60 sec (Bodyweight. Squat to a bench if you need a target.) Push-Up: 2 sets of 6 reps, rest 75 sec (Hands on a bench if the floor is too hard.) Dumbbell Row: 2 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 35 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Walk/run intervals about 46 min	Walk/Run Intervals: 12 rounds: run 1.5 min, walk 1.5 min Mobility Cool-Down: 5 minutes	
Wednesday	Active recovery about 30 min	Recovery Walk: 20 to 30 minutes Mobility Cool-Down: 10 minutes	
Thursday	Practice test about 75 min	Dynamic Warm-Up: 8 minutes Push-Up: Max reps in 2 minutes, rest 3 min Forearm Plank: Max hold, rest 3 min Walk/Run Intervals: 20 minutes: run 2 min, walk 1 min Mobility Cool-Down: 8 to 10 minutes	
Friday	Recovery about 30 min	Recovery Walk: 30 minutes Mobility Cool-Down: 10 minutes	
Saturday	Long walk about 48 min	Recovery Walk: 48 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	