

Level 1: Test Ready

Run continuously and learn the core strength patterns. Continuous easy running, squats, push-ups, rows and planks.

Targets for the end of week 6

- Run 20 minutes without stopping
- Do 10 hand-release push-ups
- Hold a forearm plank for 45 seconds
- Deadlift a moderate load for 3 clean reps

How to use this plan

Start if: You can jog 10 minutes without stopping. 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/level-1, 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 10 reps, rest 90 sec Hand-Release Push-Up: 2 sets of 7 reps, rest 90 sec 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	Easy run about 22 min	Easy Run (Zone 2): 14 minutes 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 Romanian Deadlift: 2 sets of 8 to 10 reps, rest 90 sec Lunge: 2 sets of 7 reps each leg, rest 60 sec Overhead Press: 2 sets of 8 to 10 reps, rest 75 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	Easy run about 22 min	Easy Run (Zone 2): 14 minutes Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 20 min	Long Easy Run: 20 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 90 sec Hand-Release Push-Up: 2 sets of 8 reps, rest 90 sec Dumbbell Row: 2 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	Easy run about 24 min	Easy Run (Zone 2): 16 minutes 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 Romanian Deadlift: 2 sets of 8 to 10 reps, rest 90 sec Lunge: 2 sets of 8 reps each leg, rest 60 sec Overhead Press: 2 sets of 8 to 10 reps, rest 75 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	Easy run about 24 min	Easy Run (Zone 2): 16 minutes Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 23 min	Long Easy Run: 23 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 10 reps, rest 90 sec Hand-Release Push-Up: 3 sets of 9 reps, rest 90 sec 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	Easy run about 26 min	Easy Run (Zone 2): 18 minutes 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 Romanian Deadlift: 3 sets of 8 to 10 reps, rest 90 sec Lunge: 3 sets of 9 reps each leg, rest 60 sec Overhead Press: 3 sets of 8 to 10 reps, rest 75 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	Easy run about 26 min	Easy Run (Zone 2): 18 minutes Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 26 min	Long Easy Run: 26 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 10 reps, rest 90 sec Hand-Release Push-Up: 3 sets of 10 reps, rest 90 sec Dumbbell Row: 3 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 50 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Easy run about 28 min	Easy Run (Zone 2): 20 minutes 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 Romanian Deadlift: 3 sets of 8 to 10 reps, rest 90 sec Lunge: 3 sets of 10 reps each leg, rest 60 sec Overhead Press: 3 sets of 8 to 10 reps, rest 75 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	Easy run about 28 min	Easy Run (Zone 2): 20 minutes Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 29 min	Long Easy Run: 29 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 10 reps, rest 90 sec Hand-Release Push-Up: 3 sets of 11 reps, rest 90 sec Dumbbell Row: 3 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 55 seconds, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Easy run about 30 min	Easy Run (Zone 2): 22 minutes 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 Romanian Deadlift: 3 sets of 8 to 10 reps, rest 90 sec Lunge: 3 sets of 11 reps each leg, rest 60 sec Overhead Press: 3 sets of 8 to 10 reps, rest 75 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	Easy run about 30 min	Easy Run (Zone 2): 22 minutes Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 32 min	Long Easy Run: 32 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 10 reps, rest 90 sec Hand-Release Push-Up: 2 sets of 9 reps, rest 90 sec Dumbbell Row: 2 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	Easy run about 32 min	Easy Run (Zone 2): 24 minutes 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 Hand-Release Push-Up: Max reps in 2 minutes, rest 3 min Forearm Plank: Max hold, rest 3 min Timed Run Check: Run 20 minutes without stopping, note the distance Mobility Cool-Down: 8 to 10 minutes	
Friday	Recovery about 30 min	Recovery Walk: 30 minutes Mobility Cool-Down: 10 minutes	
Saturday	Long easy run about 10 min	Long Easy Run: 10 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	