

Level 2: Test Ready

Add your first faster running and more strength volume. Longer easy runs, an introduction to tempo work and loaded strength.

Targets for the end of week 6

- Run 2 miles without walking
- Do 15 hand-release push-ups
- Hold a forearm plank for 1 minute
- Complete a shuttle and carry circuit without stopping

How to use this plan

Start if: You can jog 20 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-2, 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 Trap Bar Deadlift: 2 sets of 5 reps, rest 2 min (Choose a load that leaves 2 to 3 good reps in reserve.) 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	Intervals about 35 min	Dynamic Warm-Up: 8 minutes Interval Run: 5 x 1 min hard, 2 min easy jog 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 Step-Up: 2 sets of 9 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 Shuttle Run: 4 rounds of 4 lengths at 25 yards, walk 90 sec Side Plank: 2 sets of 25 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 30 min	Dynamic Warm-Up: 8 minutes Tempo Run: 2 x 4 min, 2 min easy between Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 30 min	Long Easy Run: 30 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 Trap Bar Deadlift: 2 sets of 5 reps, rest 2 min (Choose a load that leaves 2 to 3 good reps in reserve.) Hand-Release Push-Up: 2 sets of 10 reps, rest 90 sec Dumbbell Row: 2 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	Intervals about 35 min	Dynamic Warm-Up: 8 minutes Interval Run: 5 x 1 min hard, 2 min easy jog 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 Step-Up: 2 sets of 9 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 Shuttle Run: 4 rounds of 4 lengths at 25 yards, walk 90 sec Side Plank: 2 sets of 25 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 32 min	Dynamic Warm-Up: 8 minutes Tempo Run: 2 x 5 min, 2 min easy between Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 33 min	Long Easy Run: 33 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 Trap Bar Deadlift: 3 sets of 5 reps, rest 2 min (Choose a load that leaves 2 to 3 good reps in reserve.) 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	Intervals about 38 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 1 min hard, 2 min easy jog 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 Step-Up: 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 Shuttle Run: 4 rounds of 4 lengths at 25 yards, walk 90 sec Side Plank: 2 sets of 25 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 34 min	Dynamic Warm-Up: 8 minutes Tempo Run: 2 x 6 min, 2 min easy between Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 36 min	Long Easy Run: 36 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 Trap Bar Deadlift: 3 sets of 5 reps, rest 2 min (Add a little weight if every rep looked the same as the first.) Hand-Release Push-Up: 3 sets of 12 reps, rest 90 sec Dumbbell Row: 3 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 1 min, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 38 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 1 min hard, 2 min easy jog 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 Step-Up: 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 Shuttle Run: 4 rounds of 4 lengths at 25 yards, walk 90 sec Side Plank: 2 sets of 25 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 36 min	Dynamic Warm-Up: 8 minutes Tempo Run: 2 x 7 min, 2 min easy between Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 39 min	Long Easy Run: 39 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 Trap Bar Deadlift: 3 sets of 5 reps, rest 2 min (Add a little weight if every rep looked the same as the first.) Hand-Release Push-Up: 3 sets of 13 reps, rest 90 sec Dumbbell Row: 3 sets of 10 reps each arm, rest 60 sec Forearm Plank: 2 sets of 1 min 5 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 38 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 1 min hard, 2 min easy jog 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 Step-Up: 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 Shuttle Run: 4 rounds of 4 lengths at 25 yards, walk 90 sec Side Plank: 2 sets of 25 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 38 min	Dynamic Warm-Up: 8 minutes Tempo Run: 2 x 8 min, 2 min easy between Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 42 min	Long Easy Run: 42 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 Trap Bar Deadlift: 2 sets of 5 reps, rest 2 min (Choose a load that leaves 2 to 3 good reps in reserve.) Hand-Release Push-Up: 2 sets of 11 reps, rest 90 sec Dumbbell Row: 2 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 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	Practice test about 75 min	Dynamic Warm-Up: 8 minutes Trap Bar Deadlift: Work up to a solid 3 rep set (Stop at a weight you can lift with perfect form.) Hand-Release Push-Up: Max reps in 2 minutes, rest 3 min Forearm Plank: Max hold, rest 3 min Timed Run Check: 2 miles for time 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 20 min	Long Easy Run: 20 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	