

Level 3: Test Ready

Run 2 miles strong and start lifting heavier. Intervals, tempo running, deadlift technique and carries.

Targets for the end of week 6

- Run 2 miles at a steady, controlled pace
- Do 20 hand-release push-ups
- Hold a forearm plank for 1 minute 30 seconds
- Trap bar deadlift around your body weight for 3 reps, if your form allows

How to use this plan

Start if: You can run 30 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-3, 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 11 reps, rest 90 sec Pull-Up: 2 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 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: 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 Kettlebell Swing: 3 sets of 16 reps, rest 60 sec Side Plank: 2 sets of 30 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: 12 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 35 min	Long Easy Run: 35 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 12 reps, rest 90 sec Pull-Up: 2 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 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: 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 Kettlebell Swing: 3 sets of 16 reps, rest 60 sec Side Plank: 2 sets of 30 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: 14 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 38 min	Long Easy Run: 38 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 13 reps, rest 90 sec Pull-Up: 3 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 5 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 41 min	Dynamic Warm-Up: 8 minutes Interval Run: 7 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 Kettlebell Swing: 3 sets of 16 reps, rest 60 sec Side Plank: 2 sets of 30 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: 16 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 41 min	Long Easy Run: 41 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 14 reps, rest 90 sec Pull-Up: 3 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 10 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 41 min	Dynamic Warm-Up: 8 minutes Interval Run: 7 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 Kettlebell Swing: 3 sets of 16 reps, rest 60 sec Side Plank: 2 sets of 30 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 40 min	Dynamic Warm-Up: 8 minutes Tempo Run: 18 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 44 min	Long Easy Run: 44 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 15 reps, rest 90 sec Pull-Up: 3 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 15 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 41 min	Dynamic Warm-Up: 8 minutes Interval Run: 7 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 Kettlebell Swing: 3 sets of 16 reps, rest 60 sec Side Plank: 2 sets of 30 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 42 min	Dynamic Warm-Up: 8 minutes Tempo Run: 20 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 47 min	Long Easy Run: 47 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 13 reps, rest 90 sec Pull-Up: 2 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 5 sec, 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	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 Shuttle Run: 5 lengths of 50 yards for time, 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 25 min	Long Easy Run: 25 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	