

Level 4: Test Ready

Hold a faster pace and handle real training load. Longer intervals, sled and carry work, heavier strength sessions.

Targets for the end of week 6

- Run 3 miles continuously with even splits
- Do 30 hand-release push-ups or several strict pull-ups
- Hold a forearm plank for 2 minutes
- Move through sprint, sled and carry work without losing form

How to use this plan

Start if: You can run 3 miles comfortably. 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-4, 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 55 min	Dynamic Warm-Up: 8 minutes Trap Bar Deadlift: 3 sets of 5 reps, rest 2 min 30 sec (Choose a load that leaves 2 to 3 good reps in reserve.) 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 5 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 44 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 2 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 55 min	Dynamic Warm-Up: 8 minutes Romanian Deadlift: 3 sets of 8 to 10 reps, rest 90 sec Step-Up: 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 50 yards, rest 60 sec Sled Push or Drag: 3 lengths of 25 yards each way, rest 90 sec (No sled? Do backward walks pulling a loaded band or towel.) Shuttle Run: 5 rounds of 4 lengths at 25 yards, walk 90 sec Kettlebell Swing: 3 sets of 18 reps, rest 60 sec Side Plank: 2 sets of 35 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 37 min	Dynamic Warm-Up: 8 minutes Tempo Run: 15 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 45 min	Long Easy Run: 45 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 55 min	Dynamic Warm-Up: 8 minutes Trap Bar Deadlift: 3 sets of 5 reps, rest 2 min 30 sec (Choose a load that leaves 2 to 3 good reps in reserve.) Hand-Release Push-Up: 3 sets of 16 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 44 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 2 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 55 min	Dynamic Warm-Up: 8 minutes Romanian Deadlift: 3 sets of 8 to 10 reps, rest 90 sec Step-Up: 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 50 yards, rest 60 sec Sled Push or Drag: 3 lengths of 25 yards each way, rest 90 sec (No sled? Do backward walks pulling a loaded band or towel.) Shuttle Run: 5 rounds of 4 lengths at 25 yards, walk 90 sec Kettlebell Swing: 3 sets of 18 reps, rest 60 sec Side Plank: 2 sets of 35 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 39 min	Dynamic Warm-Up: 8 minutes Tempo Run: 17 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 48 min	Long Easy Run: 48 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 55 min	Dynamic Warm-Up: 8 minutes Trap Bar Deadlift: 4 sets of 5 reps, rest 2 min 30 sec (Choose a load that leaves 2 to 3 good reps in reserve.) Hand-Release Push-Up: 4 sets of 17 reps, rest 90 sec Pull-Up: 4 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 48 min	Dynamic Warm-Up: 8 minutes Interval Run: 7 x 2 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 55 min	Dynamic Warm-Up: 8 minutes Romanian Deadlift: 4 sets of 8 to 10 reps, rest 90 sec Step-Up: 4 sets of 10 reps each leg, rest 60 sec Overhead Press: 4 sets of 8 to 10 reps, rest 75 sec Farmer's Carry: 5 carries of 50 yards, rest 60 sec Sled Push or Drag: 4 lengths of 25 yards each way, rest 90 sec (No sled? Do backward walks pulling a loaded band or towel.) Shuttle Run: 5 rounds of 4 lengths at 25 yards, walk 90 sec Kettlebell Swing: 3 sets of 18 reps, rest 60 sec Side Plank: 2 sets of 35 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 41 min	Dynamic Warm-Up: 8 minutes Tempo Run: 19 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 51 min	Long Easy Run: 51 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 55 min	Dynamic Warm-Up: 8 minutes Trap Bar Deadlift: 4 sets of 5 reps, rest 2 min 30 sec (Add a little weight if every rep looked the same as the first.) Hand-Release Push-Up: 4 sets of 18 reps, rest 90 sec Pull-Up: 4 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 20 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 48 min	Dynamic Warm-Up: 8 minutes Interval Run: 7 x 2 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 55 min	Dynamic Warm-Up: 8 minutes Romanian Deadlift: 4 sets of 8 to 10 reps, rest 90 sec Step-Up: 4 sets of 10 reps each leg, rest 60 sec Overhead Press: 4 sets of 8 to 10 reps, rest 75 sec Farmer's Carry: 5 carries of 50 yards, rest 60 sec Sled Push or Drag: 4 lengths of 25 yards each way, rest 90 sec (No sled? Do backward walks pulling a loaded band or towel.) Shuttle Run: 5 rounds of 4 lengths at 25 yards, walk 90 sec Kettlebell Swing: 3 sets of 18 reps, rest 60 sec Side Plank: 2 sets of 35 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 43 min	Dynamic Warm-Up: 8 minutes Tempo Run: 21 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 54 min	Long Easy Run: 54 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 55 min	Dynamic Warm-Up: 8 minutes Trap Bar Deadlift: 4 sets of 5 reps, rest 2 min 30 sec (Add a little weight if every rep looked the same as the first.) Hand-Release Push-Up: 4 sets of 19 reps, rest 90 sec Pull-Up: 4 sets of 2 to 5 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 25 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 48 min	Dynamic Warm-Up: 8 minutes Interval Run: 7 x 2 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 55 min	Dynamic Warm-Up: 8 minutes Romanian Deadlift: 4 sets of 8 to 10 reps, rest 90 sec Step-Up: 4 sets of 10 reps each leg, rest 60 sec Overhead Press: 4 sets of 8 to 10 reps, rest 75 sec Farmer's Carry: 5 carries of 50 yards, rest 60 sec Sled Push or Drag: 4 lengths of 25 yards each way, rest 90 sec (No sled? Do backward walks pulling a loaded band or towel.) Shuttle Run: 5 rounds of 4 lengths at 25 yards, walk 90 sec Kettlebell Swing: 3 sets of 18 reps, rest 60 sec Side Plank: 2 sets of 35 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 45 min	Dynamic Warm-Up: 8 minutes Tempo Run: 23 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 57 min	Long Easy Run: 57 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 30 sec (Choose a load that leaves 2 to 3 good reps in reserve.) Hand-Release Push-Up: 2 sets of 17 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 15 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Easy run about 29 min	Easy Run (Zone 2): 21 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: 3 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 35 min	Long Easy Run: 35 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	