

Level 5: Test Ready

Sharpen speed and power on top of a deep base. Race pace work, power training and full event practice.

Targets for the end of week 6

- Run 2 miles faster than your Level 4 check
- Do 40 hand-release push-ups or 10 strict pull-ups
- Hold a forearm plank for 2 minutes 30 seconds
- Trap bar deadlift above body weight for 3 reps with clean form

How to use this plan

Start if: You can run 40 minutes and do 30 push-ups. 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-5, along with video demos and coaching cues. Week 6 is lighter and ends with a practice test, so write down your results.

General fitness education by TITAN FUEL. Not affiliated with or endorsed by any branch of the U.S. military or the Department of Defense. Check the current official standard for your test. Talk to a qualified healthcare professional before starting a new exercise program, and stop if you feel pain, dizziness or chest discomfort.

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 3 to 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 17 reps, rest 90 sec Pull-Up: 3 sets of 4 to 8 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 45 min	Dynamic Warm-Up: 8 minutes Interval Run: 5 x 3 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 20 reps, rest 60 sec Side Plank: 2 sets of 40 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 55 min	Long Easy Run: 55 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 3 to 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 18 reps, rest 90 sec Pull-Up: 3 sets of 4 to 8 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 45 min	Dynamic Warm-Up: 8 minutes Interval Run: 5 x 3 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 20 reps, rest 60 sec Side Plank: 2 sets of 40 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 44 min	Dynamic Warm-Up: 8 minutes Tempo Run: 22 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 58 min	Long Easy Run: 58 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 3 to 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 19 reps, rest 90 sec Pull-Up: 4 sets of 4 to 8 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 50 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 3 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 20 reps, rest 60 sec Side Plank: 2 sets of 40 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 46 min	Dynamic Warm-Up: 8 minutes Tempo Run: 24 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 61 min	Long Easy Run: 61 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 3 to 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 20 reps, rest 90 sec Pull-Up: 4 sets of 4 to 8 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 30 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 50 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 3 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 20 reps, rest 60 sec Side Plank: 2 sets of 40 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 48 min	Dynamic Warm-Up: 8 minutes Tempo Run: 26 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 64 min	Long Easy Run: 64 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 3 to 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 21 reps, rest 90 sec Pull-Up: 4 sets of 4 to 8 reps, rest 2 min (Use a band or slow negatives if needed.) Forearm Plank: 3 sets of 1 min 35 sec, rest 45 sec Mobility Cool-Down: 8 to 10 minutes	
Tuesday	Intervals about 50 min	Dynamic Warm-Up: 8 minutes Interval Run: 6 x 3 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 20 reps, rest 60 sec Side Plank: 2 sets of 40 seconds each side, rest 30 sec Mobility Cool-Down: 8 to 10 minutes	
Friday	Tempo run about 50 min	Dynamic Warm-Up: 8 minutes Tempo Run: 28 minutes steady Mobility Cool-Down: 5 minutes	
Saturday	Long easy run about 67 min	Long Easy Run: 67 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 3 to 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 19 reps, rest 90 sec Pull-Up: 2 sets of 4 to 8 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	Easy run about 33 min	Easy Run (Zone 2): 25 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 45 min	Long Easy Run: 45 minutes	
Sunday	Rest	Full rest day. Sleep, eat well and take an easy walk if you like.	