

4-week plank training plan designed to safely build you up to **5 × 1-minute planks per day**.

Progressive Plank Training Plan (4 Weeks)

General Structure

- You'll do **5 sets** per training day.
 - Rest **30–45 seconds** between sets.
 - Keep your form strict: straight line from head to heels, core tight, no sagging hips.
 - Aim for **4–5 training days per week** with at least one rest day between harder sessions.
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Week 1 — Build the Base

Goal: Comfortably hold 30–40 seconds per set

Plan:

- Days 1–2: **5 × 20s**
- Days 3–4: **5 × 25s**
- Day 5: **5 × 30s**

If easy: add 5 seconds.

If tough: repeat a day before increasing.

Week 2 — Increase Endurance

Goal: Hold 40–50 seconds per set

Plan:

- Days 1–2: **5 × 35s**
- Days 3–4: **5 × 40s**
- Day 5: **5 × 45s**

Add 5 seconds if it feels comfortable.

Week 3 — Push Toward 1 Minute

Goal: Hold 1 minute once or twice per session

Plan:

- Days 1–2: **5 × 45s**
 - Day 3: **3 × 50s + 2 × 45s**
 - Day 4: **5 × 50s**
 - Day 5: **2 × 60s + 3 × 45–50s**
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Week 4 — Hit the Goal

Goal: 5 × 1 minute planks

Plan:

- Day 1: **3 × 60s + 2 × 50–55s**
- Day 2: **4 × 60s + 1 × 50s**
- Day 3+: **5 × 60s**

At this point, you've reached your target!
Maintain by doing this 3–5 days per week.

★ Optional Upgrades (if 1-minute planks become easy)

- Add **side planks** (30–45s each side)
 - Try **forearm → high plank transitions**
 - Try **plank jacks**
 - Use **weighted** planks (very light)
 - Add **stir-the-pot** (on a stability ball)
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Progressive Plank Training Tracker – Day 6 optional rest day or workout

Week	Day	Target (secs)	Set 1	Set 2	Set 3	Set 4	Set 5	Interval
Week 1	Day 1	5 x 20						
	Day 2	5 x 20						
	Day 3	5 x 25						
	Day 4	5 x 25						
	Day 5	5 x 30						
	Day 6	5 x 30						
	Day 7	Rest						
Week 2	Day 1	5 x 35						
	Day 2	5 x 35						
	Day 3	5 x 40						
	Day 4	5 x 40						
	Day 5	5 x 45						
	Day 6	5 x 45						
	Day 7	Rest						
Week 3	Day 1	5 x 45						
	Day 2	5 x 45						
	Day 3	3 x 50 + 2 x 45						
	Day 4	5 x 50						
	Day 5	2 x 60 + 3 x 45-50						
	Day 6	2 x 60 + 3 x 45-50						
	Day 7	Rest						
Week 4	Day 1	3 x 60 + 2 x 50-55						
	Day 2	4 x 60 + 1 x 50						
	Day 3	5 x 60						
	Day 4	5 x 60						
	Day 5	5 x 60						
	Day 6	5 x 60						
	Day 7	Rest						
Week 5	Day 1	5 x 60						
	Day 2	5 x 60						
	Day 3	5 x 60						
	Day 4	5 x 60						
	Day 5	5 x 60						
	Day 6	5 x 60						
	Day 7	Rest						

Week 6, 7 and 8 as per week 5...