

30 Day Plank Challenge Calendar

Beginner and intermediate hold times in every box. Do your row, then check the box. "3x20" = three 20 second holds.

Name: _____ Start date: _____ My plan: ☐ Beginner ☐ Intermediate

1 ☐ B TEST + 2x15 I TEST + 2x30 best hold: _____	2 ☐ B 3x15 I 3x30 best hold: _____	3 ☐ B 3x20 I 3x40 best hold: _____	4 ☐ B 3x20 I 3x40 best hold: _____	5 ☐ B 2x25 I 2x50 best hold: _____	6 ☐ B 3x25 I 3x45 best hold: _____
7 ☐ REST DAY Walk or stretch	8 ☐ B 3x25 I 3x45 best hold: _____	9 ☐ B 3x30 I 3x50 best hold: _____	10 ☐ B 2x35 I 2x60 best hold: _____	11 ☐ B 3x30 I 3x50 best hold: _____	12 ☐ B 3x35 I 3x55 best hold: _____
13 ☐ B 2x40 I 2x70 best hold: _____	14 ☐ REST DAY Walk or stretch	15 ☐ B 3x35 I 3x55 best hold: _____	16 ☐ B 3x40 I 3x60 best hold: _____	17 ☐ B 2x45 I 2x75 best hold: _____	18 ☐ B 3x40 I 3x60 best hold: _____
19 ☐ B 3x45 I 3x65 best hold: _____	20 ☐ B 2x50 I 2x80 best hold: _____	21 ☐ REST DAY Walk or stretch	22 ☐ B 3x45 I 3x65 best hold: _____	23 ☐ B 2x55 I 2x85 best hold: _____	24 ☐ B 3x50 I 3x70 best hold: _____
25 ☐ B 2x60 I 2x90 best hold: _____	26 ☐ B 3x50 I 3x70 best hold: _____	27 ☐ B 2x60 I 2x90 best hold: _____	28 ☐ REST DAY Walk or stretch	29 ☐ B 2x30 easy I 2x45 easy best hold: _____	30 ☐ B RETEST I RETEST best hold: _____

B = Beginner (start 15 to 20 sec)

I = Intermediate (start 30 to 45 sec)

Advanced plan is on page 2.

Rest 45 to 60 seconds between holds. End a hold the moment your hips sag or your low back aches, and write your best clean hold on the line. Missed a day? Pick up where you left off. Can't finish a day cleanly? Repeat it. Low back pain, pregnancy or postpartum: stop and talk to your doctor or provider first.

Advanced Plan, Form Check and Test Log

HS = hard-style plank (10 sec, full tension). Side = side plank per side. Taps = shoulder taps. Lift = leg lift plank.

ADVANCED 30 DAY SCHEDULE (WORKING TOWARD 3 MINUTES)

1 TEST	2 2x90	3 HS 5x10, side 2x40	4 2x100	5 Taps 3x20, side 2x45	6 1x120 + 1x60	7 REST
8 2x110	9 HS 6x10, side 2x50	10 1x135 + 1x60	11 Taps 3x24, lift 3x30	12 2x120	13 1x150	14 REST
15 HS 8x10, side 2x60	16 1x150 + 1x60	17 Taps 3x30, lift 3x40	18 2x135	19 HS 8x10, side 2x60	20 1x165	21 REST
22 2x140	23 HS 10x10, side 2x60	24 1x170	25 Taps 3x30, lift 3x45	26 2x90 easy	27 HS 6x10	28 REST
29 2x60 easy	30 3:00 TEST	Once you hold 2 minutes cleanly, harder variations build more than extra time. The 3 minute test is a benchmark, not a requirement.				

FORM CHECKLIST (EVERY SET)

- ☐ Elbows under shoulders, forearms parallel
- ☐ Push the floor away, no shrugging
- ☐ Straight line from head to heels
- ☐ Tailbone tucked slightly ("zip up your jeans")
- ☐ Glutes and thighs squeezed
- ☐ Eyes on the floor, neck long
- ☐ Breathing, could say a short sentence
- ☐ Stop when hips sag or low back aches

EASIER OR HARDER

- Easier:** Incline plank on a counter, or knee plank
- Side:** Drop the bottom knee to scale down
- Harder:** Leg lift plank, shoulder taps, hard-style
- Rule:** Regress if form breaks before 15 sec twice. Progress after 2 clean 60 sec sets.

DAY 1 AND DAY 30 TEST LOG

Warm up 3 minutes. Film from the side. Hold until form breaks and record the seconds at the break. Same surface and time of day both times.

Test	Day 1	Day 30	Change	Notes
Forearm plank (seconds)				
Side plank, left (seconds)				
Side plank, right (seconds)				
How it felt (easy / fine / tough)				

Plan I picked: _____ Next month I will: _____