



30 DAY PLANK CHALLENGE

women's
running

Day 1 20 sec

Day 2 25 sec

Day 3 30 sec

Day 4 35 sec

Day 5 Rest

Day 6 40 sec

Day 7 45 sec

Day 8 45 sec

Day 9 50 sec

Day 10 Rest

Day 11 1 min

Day 12 1 min

Day 13 1 min 10 sec

Day 14 1 min 20 sec

Day 15 Rest

Day 16 1 min 20 sec

Day 17 1 min 30 sec

Day 18 1 min 30 sec

Day 19 1 min 45 sec

Day 20 Rest

Day 21 1 min 45 sec

Day 22 1 min 45 sec

Day 23 2 min

Day 24 2 min

Day 25 Rest

Day 26 2 min 15 sec

Day 27 2 min 20 sec

Day 28 2 min 30 sec

Day 29 2 min 45 sec

Day 30 3 min