

30 Day Plank Challenge

Training guide



Adapt the challenge to suit you

People of all fitness levels are taking on this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. The goal is to plank every day in April, gradually increasing your time as the month goes on.

Ease your way in

Remember to stretch before and after you plank and gradually build up how long you plank for throughout the month. Why not find out how long and even what time of day works best for you before the challenge begins?

Make a plan

Use your challenge calendar to plan where and when you'll be completing your planks.

Team up

Planking in a group will inspire you to push harder than you might on your own. Whether you complete your planks together or individually, encourage others to join in the challenge too.

Fuel your planks

You'll likely be using more energy than usual. Make sure you've got enough fuel to complete your planks by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

How to plank

1. Push into your forearms and feet to push up into a straight line, keeping your back flat.
2. Hold the plank for around 30 seconds or however long works for you.
3. If you're new to planking, you can adapt your planks to keep your knees on the ground and hold it for less time.

Keep hydrated

Make sure you drink enough water before and after your planks.

