

initial test: the road to two hundred lunges

	< 30 YEARS	30 - 40 YEARS	> 40 YEARS
RANK	number of lunges performed		
5	OVER 70	OVER 65	OVER 60
4	50 - 70	45 - 65	40 - 60
3	35 - 49	30 - 44	25 - 39
2	25 - 34	20 - 29	15 - 24
1	0 - 24	0 - 19	0 - 14

week 1: pick the appropriate column depending on your initial test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 6 lunges	7 - 13 lunges	14 - 26 lunges
SET 1	3L	6L	12L
SET 2	3R	6R	12R
SET 3	4L	5L	9L
SET 4	4R	5R	9R
SET 5	max (at least 4A)	max (at least 6A)	max (at least 10A)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	4L	9L	12L
SET 2	4R	9R	12R
SET 3	5L	8L	10L
SET 4	5R	8R	10R
SET 5	max (at least 6A)	max (at least 8A)	max (at least 12A)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5L	10L	14L
SET 2	5R	10R	14R
SET 3	6L	9L	12L
SET 4	6R	9R	12R
SET 5	max (at least 6A)	max (at least 10A)	max (at least 14A)

week 2: pick the same column as you did in week 1

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 6 lunges	7 - 13 lunges	14 - 26 lunges
SET 1	5L	10L	16L
SET 2	5R	10R	16R
SET 3	6L	9L	12L
SET 4	6R	9R	12R
SET 5	max (at least 6A)	max (at least 10A)	max (at least 18A)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6L	12L	18L
SET 2	6R	12R	18R
SET 3	7L	10L	14L
SET 4	7R	10R	14R
SET 5	max (at least 6A)	max (at least 15A)	max (at least 20A)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	7L	15L	20L
SET 2	7R	15R	20R
SET 3	8L	12L	16L
SET 4	8R	12R	16R
SET 5	max (at least 10A)	max (at least 18A)	max (at least 25A)
PROGRESS TEST			

week 3: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	21 - 30 lunges	31 - 40 lunges	> 40 lunges
SET 1	13L	20L	22L
SET 2	13R	20R	22R
SET 3	9L	16L	18L
SET 4	9R	16R	18R
SET 5	max (at least 13A)	max (at least 22A)	max (at least 26A)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	15L	22L	26L
SET 2	15R	22R	26R
SET 3	10L	18L	18L
SET 4	10R	18R	18R
SET 5	max (at least 15A)	max (at least 24A)	max (at least 32A)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	17L	24L	30L
SET 2	17R	24R	30R
SET 3	11L	20L	24L
SET 4	11R	20R	24R
SET 5	max (at least 17A)	max (at least 27A)	max (at least 36A)



the two hundred lunges training program

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DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	60 - 65 lunges	66 - 78 lunges	> 79 lunges
SET 1	36L	50L	52L
SET 2	36R	50R	52R
SET 3	32L	46L	46L
SET 4	32R	46R	46R
SET 5	max (at least 52A)	max (at least 65A)	max (at least 70A)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	18L	26L	30L
SET 2	18R	26R	30R
SET 3	20L	30L	36L
SET 4	20R	30R	36R
SET 5	18L	26L	30L
SET 6	18R	26R	30R
SET 7	14A	22A	26A
SET 8	max (at least 57A)	max (at least 69A)	max (at least 75A)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	20L	30L	34L
SET 2	20R	30R	34R
SET 3	22L	32L	38L
SET 4	22R	32R	38R
SET 5	20L	30L	34L
SET 6	20R	30R	34R
SET 7	18A	24A	28A
SET 8	max (at least 65A)	max (at least 70A)	max (at least 80A)
FINAL TEST			

week 6: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	41 - 50 lunges	51 - 60 lunges	> 60 lunges
SET 1	24L	38L	46L
SET 2	24R	38R	46R
SET 3	18L	30L	36L
SET 4	18R	30R	36R
SET 5	max (at least 26A)	max (at least 45A)	max (at least 52A)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	13L	23L	26L
SET 2	13R	23R	26R
SET 3	15L	26L	30L
SET 4	15R	26R	30R
SET 5	13L	23L	26L
SET 6	13R	23R	26R
SET 7	12A	20A	28A
SET 8	max (at least 32A)	max (at least 52A)	max (at least 58A)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	17L	25L	28L
SET 2	17R	25R	28R
SET 3	19L	27L	32L
SET 4	19R	27R	32R
SET 5	15L	20L	24L
SET 6	15R	20R	24R
SET 7	14A	24A	30A
SET 8	max (at least 39A)	max (at least 58A)	max (at least 65A)
PROGRESS TEST			

week 5: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	< 40 lunges	41 - 40 lunges	31 - 40 lunges
SET 1	18L	26L	32L
SET 2	18R	26R	32R
SET 3	12L	20L	27L
SET 4	12R	20R	27R
SET 5	max (at least 20A)	max (at least 32A)	max (at least 40A)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	20L	28L	35L
SET 2	20R	28R	35R
SET 3	14L	22L	30L
SET 4	14R	22R	30R
SET 5	max (at least 23A)	max (at least 36A)	max (at least 46A)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	22L	32L	38L
SET 2	22R	32R	38R
SET 3	24L	33L	39L
SET 4	24R	33R	39R
SET 5	max (at least 26A)	max (at least 42A)	max (at least 52A)
PROGRESS TEST			

week 4: pick the same column as you did in week 3