

initial test: the road to one hundred push ups

	< 40 YEARS	40 - 55 YEARS	> 55 YEARS
RANK	number of push ups performed		
1	0 - 5	0 - 5	0 - 5
2	6 - 14	6 - 12	6 - 10
3	15 - 29	13 - 24	11 - 19
4	30 - 49	25 - 44	20 - 34
5	50 - 99	45 - 74	35 - 64
6	100 - 150	75 - 124	65 - 99
7	150 & above	125 & above	100 & above

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 5 push ups	6 - 10 push ups	11 - 20 push ups
SET 1	2	6	10
SET 2	3	6	12
SET 3	2	4	7
SET 4	2	4	7
SET 5	max (at least 3)	max (at least 5)	max (at least 9)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	3	6	10
SET 2	4	8	12
SET 3	2	6	8
SET 4	3	6	8
SET 5	max (at least 4)	max (at least 7)	max (at least 12)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	4	8	11
SET 2	5	10	15
SET 3	4	7	9
SET 4	4	7	9
SET 5	max (at least 5)	max (at least 10)	max (at least 13)

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 5 push ups	6 - 10 push ups	11 - 20 push ups
SET 1	4	9	14
SET 2	6	11	14
SET 3	4	8	10
SET 4	4	8	10
SET 5	max (at least 6)	max (at least 11)	max (at least 15)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	10	14
SET 2	6	12	16
SET 3	4	9	12
SET 4	4	9	12
SET 5	max (at least 7)	max (at least 13)	max (at least 17)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	12	16
SET 2	7	13	17
SET 3	5	10	14
SET 4	5	10	14
SET 5	max (at least 8)	max (at least 15)	max (at least 20)
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)			
	16 - 20 push ups	21 - 25 push ups	> 25 push ups
SET 1	10	12	14
SET 2	12	17	18
SET 3	7	13	14
SET 4	7	13	14
SET 5	max (at least 9)	max (at least 17)	max (at least 20)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	10	14	20
SET 2	12	19	25
SET 3	8	14	15
SET 4	8	14	15
SET 5	max (at least 12)	max (at least 19)	max (at least 25)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	11	16	22
SET 2	13	21	30
SET 3	9	15	20
SET 4	9	15	20
SET 5	max (at least 13)	max (at least 21)	max (at least 28)



the hundred push ups training program

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

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	46 - 50 push ups	51 - 60 push ups	> 60 push ups
SET 1	25	40	45
SET 2	30	50	55
SET 3	20	25	35
SET 4	15	25	30
SET 5	max (at least 50)	max (at least 40)	max (at least 55)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	14	20	22
SET 3	14	23	30
SET 5	16	24	30
SET 7	10	18	24
SET 9	max (at least 44)	max (at least 53)	max (at least 58)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	13	22	26
SET 3	17	30	33
SET 5	16	25	26
SET 7	14	18	22
SET 9	max (at least 50)	max (at least 55)	max (at least 60)
FINAL TEST			

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

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	31 - 35 push ups	36 - 40 push ups	> 40 push ups
SET 1	17	28	36
SET 2	19	35	40
SET 3	15	25	30
SET 4	15	22	24
SET 5	max (at least 20)	max (at least 35)	max (at least 40)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	10	18	19
SET 3	13	20	22
SET 5	10	14	18
SET 7	9	16	22
SET 8	max (at least 25)	max (at least 40)	max (at least 45)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	13	18	20
SET 3	15	20	24
SET 5	12	17	20
SET 7	10	14	18
SET 8	max (at least 30)	max (at least 45)	max (at least 50)
PROGRESS TEST			

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

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 - 20 push ups	21 - 25 push ups	> 25 push ups
SET 1	12	18	21
SET 2	14	22	25
SET 3	11	16	21
SET 4	10	16	21
SET 5	max (at least 16)	max (at least 25)	max (at least 32)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	14	20	25
SET 2	16	25	29
SET 3	12	20	25
SET 4	12	20	25
SET 5	max (at least 18)	max (at least 28)	max (at least 36)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	16	23	29
SET 2	18	28	33
SET 3	13	23	29
SET 4	13	23	29
SET 5	max (at least 20)	max (at least 33)	max (at least 40)
PROGRESS TEST			