

BUILD **D** **FITNESS**

30 PUSHUP TRAINING PLAN

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Overview

Successfully performing 30 pushups straight is a significant milestone accomplishment. Reaching this goal would indicate a high level of upper body strength, specifically in the pectorals and upper arms, as well as muscular and cardiovascular endurance. If you fall short when attempting to do 30 pushups and are looking for a new fitness goal to work towards, this plan will help you achieve it and take your physical fitness to the next level.

The training plan is divided into 3 blocks (mesocycles) and each block is one month long. Each block is divided into one week long cycles (microcycles). Within each week, there are two days in which pushups are being done. Day 1 is a volume day, a day in which you focus on slightly increasing the number of pushups you do during that workout, in comparison to Day 1 from the prior week. Day 2 is an endurance day, a day in which you will focus on performing multiple sets of pushups with minimal rest in between them. As the weeks and months go on, the total amount of reps will gradually increase on your volume days and on your endurance days the rest times will decrease with each subsequent month.

Considerations

Since push ups are a bodyweight exercise, body composition can have a significant effect on your ability to do them. The more body fat you carry, especially around your waist, the more difficult it will be for you to hit the target of 30 straight push ups. The most accessible way to check if your levels of body fat are within a good range is by measuring your waist. Ideally, your waist should be less than half of your height (if you are 5'10" make sure your waist stays smaller than 35"). Not only will getting a slimmer waist make this program more manageable, it will also lower the risk of injury to your joints and be beneficial to your cardiovascular health. On that note, it is also important to point out that you should also keep your waist larger than 40% of your height as being too slim comes with its own health risks (if you are 5'10" your waist should be larger than 28"). Another thing to note is, if your waist measures above that range it will not be impossible for you to successfully complete this program, but if you do fall short of the goal upon completion of the plan, you should consider trying to lose some inches from your waist.

Gender is another factor in how difficult this program will be. Since men generally have more muscle mass than women, they can generally have an easier time completing this plan than women. This does not mean that this goal is unrealistic for women. Simply search "woman doing 30 pushups in a row" on any social media platform and you will find many results. As long as you keep your waist size between 40-50% of your height and you meet the prerequisite of this program, following this program should help achieve or exceed the goal of 30 pushups in a row, if not get you very close.

Prerequisite

Before following this program you should be able to do at least 15 pushups straight on the floor with good form.

Pushup Form and Technique

Here is a link to a [video](#) that breaks down form and technique.

How to follow program

As mentioned earlier, the program has two training days, in which you will be doing pushups, per week. There should be at least 48-72 hours between those days to allow the working muscles to adequately recover (that number will depend on the individual's ability to recover). In between those days you may train other muscle groups such as your back, legs or arms, do cardio or even have a dedicated rest day. You should note that it would be best practice to avoid training your chest again until that 48-72 hour period passes. Here is an example of what a training week can look like:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pushup Day 1 + Upper body	Lower body squat day	Cardio	Pushup Day 2 + Upper body	Lower body deadlift day	Cardio + Abs	Rest

When training push ups, on both days, they should be done as the first exercise, after a sufficient warmup and mobility drills. Here is an example:

Pushups Day 1	Pushups Day 2
Pushups 10, 10, 12, 12 Cable rows 3 x 10-12 DB shoulder press 3 x 12	Pushups 5, 5, 7, 7, 7, 7 Lat pull downs 3 x 10-12 DB incline bench press 3 x 8-10

E-Z bar curls 3 x 8-10 Tricep pushdown 3 x 10-12	Lat pull overs 3 x 8-10 Hammer curls 3 x 10-12
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Since this is a pushup focused program, only the sets and rep schemes for pushups will be presented. As far as other exercises or training days, do what you please, just note that you would be well advised to take one or two rest days every week.

Be sure to start with an adequate warmup beforehand. A brisk walk on a treadmill or using the stationary bike at a moderate pace until you start sweating would be sufficient. Some mobility drills and rotator cuff exercises can be done as well if needed.

Before starting with the main push up sets you should work your way into them by doing some warmup sets like this:

10 high incline pushups (60 degrees) | 1 min rest
 8 moderate incline pushups (45 degrees) | 1 min rest
 5 low incline pushups (30 degrees) | 2 min rest

Before getting into the program there are a couple of definitions that need to be explained. The first is the *rest pause set*. This is done when you stop performing your set, rest for 5-10 seconds and resume your set. This technique is used in this program to maximize volume beyond the point of muscle failure. In this program, rest pause sets are added to the final set of each workout on the third week of each month. When they are done the main set is to be done to failure, rest for 5-10 seconds and proceed with the rest pause set to failure. On the program it is written out like this:

Pushups 15, 17, 20, 20 to failure + 1 rest pause set to failure

This means that on the fourth set, you should aim for a minimum of 20 reps and keep going until muscle failure. Once you cannot perform another rep rest for 5-10 seconds and resume doing pushups until failure again.

Another definition to explain is the *deload*. A deload is a part of the program in which the training volume and intensity is decreased to allow the body to recover while still practicing the movement. Many people find this phase of training boring but it is important to emphasize that you should not skip the deload because doing so will lead to overtraining which would cause your progress to stall or even regress. You can use the deload as an opportunity to focus on perfecting your form, tempo and overall technique.

Pushup Training Program

Month 1

Week 1

Day 1

Pushups 10, 10, 12, 12 | 2 min rest between sets

Day 2

Pushups 5, 5, 7, 7, 7, 7 | 45s rest between sets

Week 2

Day 1

Pushups 10, 12, 12, 12 | 2 min rest between sets

Day 2

Pushups 5, 7, 7, 7, 7, 7 | 45s rest between sets

Week 3

Day 1

Pushups 12, 12, 12, 12 to failure + 1 rest pause set to failure | 2 min rest between sets

Day 2

Pushups 7, 7, 7, 7, 7, 7 to failure + 1 rest pause set to failure | 45s rest between sets

Week 4 *DELOAD*

Day 1

Pushups 10, 10, 10 | 1 min rest between sets

Day 2

Pushups 8, 8, 8 | 1 min rest between sets

Month 2

Week 1

Day 1

Pushups 10, 12, 12, 12 | 2 min rest between sets

Day 2

Pushups 5, 5, 7, 7, 7, 7 | 30s rest between sets

Week 2

Day 1

Pushups 12, 12, 12, 12 | 2 min rest between sets

Day 2

Pushups 5, 7, 7, 7, 7, 7 | 30s rest between sets

Week 3

Day 1

Pushups 12, 12, 12, 15 to failure + 1 rest pause set to failure | 2 min rest between sets

Day 2

Pushups 7, 7, 7, 7, 7, 7 to failure + 1 rest pause set to failure | 30s rest between sets

Week 4 *DELOAD*

Day 1

Pushups 10, 10, 10 | 1 min rest between sets

Day 2

Pushups 8, 8, 8 | 1 min rest between sets

Month 3

Week 1

Day 1

Pushups 12, 12, 12, 12 | 2 min rest between sets

Day 2

Pushups 5, 5, 7, 7, 7, 7 | 15s rest between sets

Week 2

Day 1

Pushups 12, 12, 12, 15 | 2 min rest between sets

Day 2

Pushups 5, 7, 7, 7, 7, 7 | 15s rest between sets

Week 3

Day 1

Pushups 12, 12, 15, 15 to failure + 1 rest pause set to failure | 2 min rest between sets

Day 2

Pushups 7, 7, 7, 7, 7, 7 to failure + 1 rest pause set to failure | 15s rest between sets

Week 4 *DELOAD*

Day 1

Pushups 12, 12, 12 | 1 min rest between sets

Day 2

Pushups 10, 10, 10 | 1 min rest between sets

Month 4

Week 1

Test day

Warmup:

12 high incline pushups (60 degrees) | 1 min rest

10 moderate incline pushups (45 degrees) | 1 min rest

8 low incline pushups (30 degrees) | 2 min rest

30 pushup attempt!

What if you fail to do 30 pushups?

If you fail to do 30 reps in your attempt, you can run the program for seven more weeks before you make another attempt. It would go as follows:

Week 2

Day 1

Pushups 12, 12, 15, 15 | 2 min rest between sets

Day 2

Pushups 7, 7, 7, 7, 7, 7 | 15s rest between sets

Week 3

Day 1

Pushups 12, 15, 15, 15 to failure + 1 rest pause set to failure | 2 min rest between sets

Day 2

Pushups 7, 7, 7, 7, 7, 8 to failure + 1 rest pause set to failure | 15s rest between sets

Week 4 *DELOAD*

Day 1

Pushups 12, 12, 12 | 1 min rest between sets

Day 2

Pushups 10, 10, 10 | 1 min rest between sets

Month 5

Week 1

Day 1

Pushups 12, 12, 15, 15 | 2 min rest between sets

Day 2

Pushups 5, 7, 7, 7, 7, 7 | 15s rest between sets

Week 2

Day 1

Pushups 12, 15, 15, 15 | 2 min rest between sets

Day 2

Pushups 7, 7, 7, 7, 7, 7 | 15s rest between sets

Week 3

Day 1

Pushups 15, 15, 15, 15 to failure + 1 rest pause set to failure | 2 min rest between sets

Day 2

Pushups 7, 7, 7, 7, 8, 8 to failure + 1 rest pause set to failure | 15s rest between sets

Week 4 *DELOAD*

Day 1

Pushups 12, 12, 12 | 1 min rest between sets

Day 2

Pushups 10, 10, 10 | 1 min rest between sets

Month 6

Week 1

Test day

Warmup:

12 high incline pushups (60 degrees) | 1 min rest

10 moderate incline pushups (45 degrees) | 1 min rest

8 low incline pushups (30 degrees) | 2 min rest

30 pushup attempt part 2!

Good luck 🍊