RankTime

FREE PRINTABLE · 5 PAGES

TIMES · TEST · PLAN

Average Plank Time

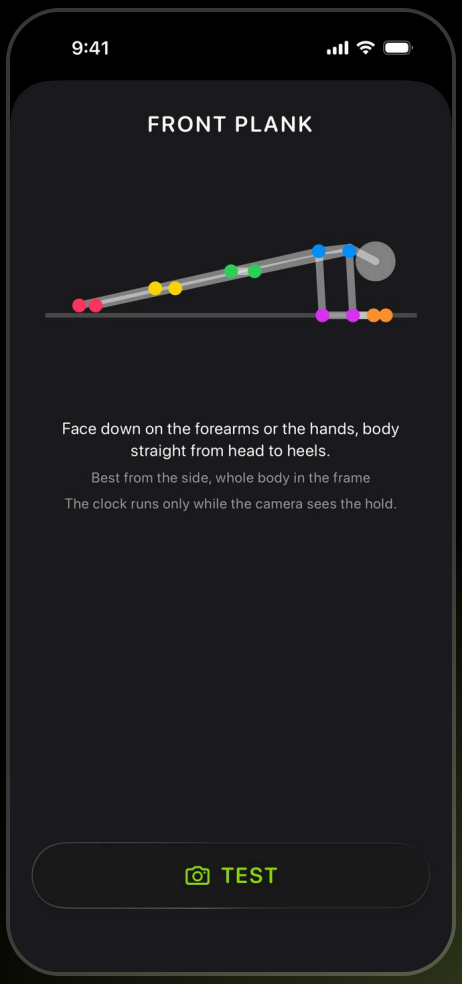
Real plank times for men, women and children 6 to 15, the Army's standard for every age, the plank test with a log, and a 4 week plan to hold longer.

2 Plank times by age on one page

3 The plank test and your test log

4 Your 4 week plank plan

5 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/average-plank-time/
Made by RankTime, the workout timer that counts your reps.

AVERAGE PLANK TIME

Plank times by age

Men and women, about 20

YOUR PLACE	MEN	WOMEN
Top 10%	3:21	2:22
Top 20%	2:37	1:48
Top 30%	2:17	1:35
The middle	1:50	1:12
Bottom 30%	under 1:29	under 0:58
Bottom 10%	under 1:02	under 0:35

471 college students, held until form broke. Averages: men 2:04, women 1:23. Adults aged 20 to 79 in another study: 2:25 on average, the younger group clearly longer.

Children and teens, middle times

AGE	BOYS	GIRLS
6	0:39	0:40
7	0:50	0:55
8	0:58	0:57
9	0:53	1:04
10	1:04	0:52
11	1:07	1:06
12	1:02	1:10
13	1:21	1:05
14	1:30	1:15
15	1:38	1:10

US Army Fitness Test, plank by age

AGE	PASS (60 POINTS)	80 POINTS	FULL MARKS (100)
17 to 21	1:30	2:35	3:40
22 to 26	1:25	2:30	3:35
27 to 31	1:20	2:25	3:30
32 to 36	1:15	2:20	3:25
37 and over	1:10	2:15	3:20

The same for men and women, in use since 1 June 2025. US Marine Corps: one table for every age and both sexes, 1:10 for the lowest score and 3:45 for full marks.

Sources: Strand and colleagues 2014; Ervin and colleagues 2013 and 2014 (CDC youth fitness survey); Bohannon and colleagues 2018; US Army 2025; US Marine Corps 2021. All sources are linked in the guide.

TEST DAY

Test your plank fairly

1. **Warm up** for a few minutes. Test fresh, not at the end of a workout.
2. **Forearms down,** elbows right under your shoulders, forearms parallel, hands apart. Feet about hip width.
3. **A straight line.** Only forearms and toes on the floor, body straight from head to heels.
4. **Start the clock** once you are in position.
5. **Stop when the line breaks:** hips sag or rise, or a knee touches the floor.
6. **One try, to the second.** Test again after 2 weeks of training.

It is not only your abs. In the college study, legs gave out first for 32% of the students and arms for 32%. Only 21% stopped because of their abs. Breathe the whole way through.

My test log

TEST	DATE	TIME HELD	WHAT GAVE OUT	WHERE IT PUTS ME
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

THE PLAN

4 week plank plan

Test your max, then hold for time, not to failure: 4 holds of half your max with 1 minute of rest, 3 days a week. Add 5 seconds to each hold every session, and test again every 2 weeks.

My numbers

Max hold, day 1 _____ s

My holds, half of it _____ s

Max hold, week 2 test _____ s

New holds, half of it _____ s

Max hold, week 4 test _____ s

YOUR MAX	EACH SESSION
Under 30 s	3 holds of 10 to 20 s with 1 minute of rest, on your knees if you need to
30 s to 2 min	4 holds of half your max, plus 5 s a session
Over 2 min	The same, or make it harder: high plank, arm or leg lifts, a weight on your back

Tick off every session

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	☐ 4 holds	Rest	☐ 4 holds	Rest	☐ 4 holds	Rest	Rest
2	☐ 4 holds	Rest	☐ 4 holds	Rest	**Test max:**	Rest	Rest
3	☐ 4 holds	Rest	☐ 4 holds	Rest	☐ 4 holds	Rest	Rest
4	☐ 4 holds	Rest	☐ 4 holds	Rest	**Test max:**	Rest	Rest

Test day: one hold, forearms and toes, until the straight line breaks. Same rules as page 3.

RankTime

TRAIN IT WITH RANKTIME

Time planks with RankTime

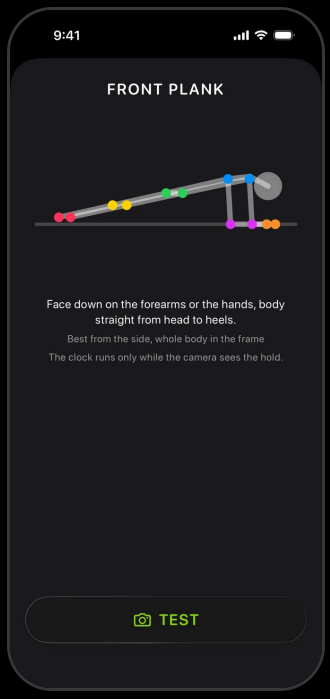
The camera keeps the test honest: the clock runs only while it sees a straight plank, and each rest starts by itself.



On HOLDS, tick FRONT PLANK.



4 holds of 1:00 with 1:00 of rest.



Trainer: how it is done, and a camera test.

1. Swipe to TIME. Tap the exercises circle, then the exercise under the ring. On HOLDS, tick FRONT PLANK.
2. Set the hold on the first circle, the rest on the second, the rounds on the last: half your max, 1:00 and 4.
3. Stand the phone side-on, your whole body in the frame. The camera turns on by itself.
4. Press play. Let your hips sag or rise and the clock stops until you are straight again.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

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