

## Plank Challenge Timetable

Day	Date	Target
Monday	25-Feb-19	20 seconds
Tuesday	26-Feb-19	20 seconds
Wednesday	27-Feb-19	REST
Thursday	28-Feb-19	30 seconds
Friday	01-Mar-19	30 seconds
Saturday	02-Mar-19	45 seconds
Sunday	03-Mar-19	REST
Monday	04-Mar-19	45 seconds
Tuesday	05-Mar-19	60 seconds
Wednesday	06-Mar-19	REST
Thursday	07-Mar-19	60 seconds
Friday	08-Mar-19	75 seconds
Saturday	09-Mar-19	75 seconds
Sunday	10-Mar-19	REST
Monday	11-Mar-19	90 seconds
Tuesday	12-Mar-19	90 seconds
Wednesday	13-Mar-19	REST
Thursday	14-Mar-19	100 seconds
Friday	15-Mar-19	110 seconds
Saturday	16-Mar-19	120 seconds
Sunday	17-Mar-19	REST
Monday	18-Mar-19	130 seconds
Tuesday	19-Mar-19	140 seconds
Wednesday	20-Mar-19	REST
Thursday	21-Mar-19	150 seconds
Friday	22-Mar-19	160 seconds
Saturday	23-Mar-19	170 seconds
Sunday	24-Mar-19	180 seconds
Monday	25-Mar-19	REST
Tuesday	26-Mar-19	<b>How long can you Plank?</b>