

WEEKLY SCHEDULE

WEEK 3

Any days you are feeling under the weather, you can swap the gym/runs for a long stroll/pilates.

alternately, you can do the gym sessions with a much lighter weight/body weight. It won't knock your progress. Make sure you're listening to your bodies needs. 🤍

MONDAY

- 1 hour walk
- Upper body strength

TUESDAY

- 1 hour walk & morning stretch
- interval run

WEDNSDAY

- 1 hour walk
- lower body strength

THURSDAY

- 1 hour walk
- Rest/optional light exercise (badminton, yoga, stretching)

FRIDAY

- 1 hour minute morning walk & morning stretch
- Interval run

SATURDAY

- 1 hour walk
- rest

DAILY GOALS

- Do 1 thing every day that feels challenging
- drink at least 2 litres of water per day
- Journal every morning/evening
- Apply progressive overload within every strength session, keep on improving!

SUNDAY

- 1 hour walk
- full body strength

RPE SCALE

What is RPE?

RPE stands for Rate of Perceived Exertion.

It's a scale from 1 to 10 that helps you understand how hard your body feels it's working — during a walk, a workout, or a run.

It's about how challenging the exercise feels: your breathing, muscle effort, and energy level all factor in.

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

LOWER BODY STRENGTH

- Before your first lift, do 1–2 lighter sets to groove the movement pattern and prep your joints. Make sure to do 3–5 mins of dynamic stretches before your workout.
- Choose a weight that challenges you without compromising form — if your form slips, drop the weight, master it, then build back up.

Exercises	Sets	Reps	Weight	Rest between sets
Glute bridge (optional single leg)	3	12	N/A	1-2 minutes
Step-ups (using chair or stool)	3	10 each leg	N/A	1-2 minutes
Reverse lunge	3	10 each leg	N/A	1-2 minutes
RDL (using dumbbells)	3	10	N/A	1-2 minutes
SUPERSET: Dumbbell goblet squat X jumping squat	3	10 of each exercise	N/A	1-2 minutes

UPPER STRENGTH

Choose a weight that challenges you without compromising form — if your form slips, drop the weight, master it, then build back up.

Exercises	Sets	Reps	Weight	Rest between sets
Chest press (lead on the floor)	3	10	N/A	1-2 minutes
Shoulder press	3	10	N/A	1-2 minutes
Front raises (shoulders)	3	10	N/A	1-2 minutes
Bent over row (back)	3	10	N/A	1-2 minutes
Dumbbell hammer curls (biceps)	3	10	N/A	1-2 minutes
Dumbbell tricep extension	3	10	N/A	1-2 minutes

FULL BODY STRENGTH

- Before your first lift, do 1-2 lighter sets to groove the movement pattern and prep your joints. Make sure to do 3-5 mins of dynamic stretches before your workout.
- Choose a weight that challenges you without compromising form — if your form slips, drop the weight, master it, then build back up.

Exercises	Sets	Reps	Weight	Rest between sets
Superset: Goblet squats weighted into body weight	3	10 of each	N/A	1-2 minutes
RDL (legs) (using dumbbells)	3	10	N/A	1-2 minutes
superset: reverse lunges X standing shoulder press (using dumbbells)	3	8 of each	N/A	1-2 minutes
Bent over row (back) (using dumbbells)	3	10	N/A	1 minute
superset: Overhead dumbbell tricep extension X Tricep kickbacks	3	8 of each	N/A	1-2 minute

Core

Russian twists (weighted)	3	10	N/A	30 sec - 1 min
Weighted situps	3	10	N/A	30 sec - 1 min
Plank	1	Until failure!	N/A	No rest

INTERVAL RUN

Goal: Improve cardiovascular fitness and running efficiency through short bursts of effort with built-in recovery.

Total time 33 - 43 mins

Section	Details	Time
Prep & Get Set	<ul style="list-style-type: none">• Wear comfy clothes & supportive shoes• Hydrate if needed• Pick a flat route or treadmill	5-10 mins
Warm-Up	<ul style="list-style-type: none">• Brisk walk or light jog 3-5 mins• Dynamic mobility: leg swings, high knees, butt kicks, arm circles & hip openers	8-10 mins
Main set	30 second run (RPE 7-8) / 90 sec fast walk (RPE 2-3) x 8 repeats	16 minutes
Cool down	<ul style="list-style-type: none">• Easy walk 3-5 mins• static stretching	5-8 mins

TIPS:

- Use effort, not pace—aim for comfortably hard (not sprinting) to sustain a good pace without burning out before the end of the workout
- Maintain good posture and relaxed breathing

Mobility

🦋 Start with deep breathing (30 seconds)

- Inhale through your nose for 4 seconds
- Exhale through your mouth for 6 seconds
- Repeat for 3–4 slow breaths to relax and connect with your body

1. Neck Rolls – 30 sec each direction

- Gently roll your head in slow circles to release neck tension.
- Move slowly — no crunching or forcing

2. Shoulder Rolls – 30 sec forward + 30 sec back

- Big, slow circles with both shoulders to open your chest and loosen tension.

3. Cat-Cow Stretch – 6 reps

Start on hands and knees:

- Inhale, arch your back and lift your head (cow)
- Exhale, round your spine and tuck your chin (cat)

4. Standing Hip Circles – 30 sec each direction

- Stand tall, hands on hips, and slowly circle your hips around.

5. World's Greatest Stretch – 2 reps per side

- From a lunge position, place both hands on the floor, rotate one arm up to the sky and look at your hand.

6. Ankle Circles – 30 sec per foot

- Lift one foot slightly and roll your ankle in slow circles.

7. Child's Pose with Reach – 30–60 sec

- Kneel down, stretch your arms forward, sit back toward your heels.
- Feel the stretch in your back, hips, and shoulders. Breathe deeply 🦋.