

# WEEKLY SCHEDULE

## WEEK 3

NAME:

SOPHIE BOURNE

YEAR:

2025

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

- 30-45 MINUTE WALK  
(POP ON A PODCAST AND GO FOR A STROLL)

### TUESDAY

- INTERVAL RUN
- CORE

### WEDNESDAY

- FULL BODY STRENGTH
- 20-30 MINUTE WALK

### THURSDAY

- REST/WALK

### FRIDAY

- EASY RUN
- LOWER BODY STRENGTH

### SATURDAY

- REST/PILATES/MOBILITY (DEPENDING ON YOUR ENERGY LEVELS)

### 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

- 45 MINUTE CONVERSATIONAL RUN
- GENTLE MOBILITY AND STRETCHING

# 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.

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

# Interval run & core strength

## core workout

- 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.

<i>Exercises</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest between sets</i>
Russian twists (weighted)	3	15	30 sec - 1 min
Captain chair tucks	4	10	1 minute
Decline situps	4	10	1 minute
Plank	3	As long as you can hold!	1 minute

## Interval run

### WARM-UP (5 MINS):

- SLOW RUN (RPE 2-3)
- DYNAMIC STRETCHES: LEG SWINGS, HIP CIRCLES, HIGH KNEES, BUTT KICKS

### THE RUN (REPEAT 4 TIMES)

- 1 MINUTE FAST PACE (RPE 9)
- 2 MINUTES SLOW JOG (RPE 2-3)
- 2 MINUTES STEADY PACE (RPE 7-8)
- 2 MINUTE SLOW JOG (RPE 2-3)

### COOL DOWN (5 MINS):

- SLOW WALK
- GENTLE STRETCHES

# Full body strength

## Superset based

### Full body workout

- 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.

<i>Exercises</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest between sets</i>
Superset: Goblet squats weighted into body weight	3	10 of each	1-2 minutes
superset: reverse lunges X standing shoulder press (using dumbbells)	3	8 of each	1-2 minutes
Superset: Barbel RDL X dumbbell bent over row	4	10 of each	1-2 minutes
superset: Chest press X barbell Tricep extension	3	10 of each	1-2 minute

# Easy run and lower body

## *Easy run*

WARM-UP (7 MINS):

- BRISK WALK
- DYNAMIC STRETCHES: LEG SWINGS, HIP CIRCLES, HIGH KNEES, BUTT KICKS

THE RUN (25 MINUTES) RPE 2-3

CONTINUOUS EASY JOG (COULD HOLD A CONVERSATION)

COOL DOWN (5 MINS):

- GENTLE WALK
- GENTLE STRETCHES

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## *lower body workout*

- 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.

<i>Exercises</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest between sets</i>
Abductor machine	Drop set (start with heaviest weight you can)	10	No rest
Superset: step-ups weighted into bodyweight	3	8-10 each leg	1-2 minutes
Single leg press	3	8 each leg	1-2 minutes
RDL	4	10	1-2 minutes

# Long run & mobility

## *Long run*

### WARM-UP (5-7 MINS):

- BRISK WALK
- DYNAMIC STRETCHES: LEG SWINGS, HIP CIRCLES, HIGH KNEES, BUTT KICKS

### THE RUN (45 MINUTES) RPE 2-3

- SLOW JOG, SHOULD FEEL COMFORTABLE AND UNFORCED, BREATHING SHOULD BE CALM.

### COOL DOWN (5 MINS):

- SLOW WALK
- MOBILITY AND STRETCHING

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## *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 🧘