

WEEKLY SCHEDULE

WEEK 21

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

- Interval run
- 10 minutes of stretching

TUESDAY

- Upper body strength
- 15/20 minute incline walk

WEDNSDAY

- Lower body strength
- 15/20 minutes incline walk

THURSDAY

- Rest day (10K steps)

FRIDAY

- Pyramid run
- (10 minutes of stretching)

SATURDAY

- Full body strength
- Bike intervals

DAILY GOALS

- Do 1 thing every day that feels challenging
- drink at least 2 litres of water per day
- hit 7-10K steps per day
- Apply progressive overload within every strength session, keep on improving!

SUNDAY

- Rest day (optional active rest)

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

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
Incline Chest press	3	10	8kg dumbbells	1-2minutes
Shoulder press	3	10	8kg dumbbells	1-2 minutes
Around the worlds (shoulders)	3	10	4kg dumbbells	1-2 minutes
Lat pull downs (back)	3	10	33kg	1-2 minutes
Tricep pull downs	3	10 each arm	10kg	1-2 minute
Barbell bicep curls (biceps)	3	10 each arm	12.5kg	1-2 minutes

FULL BODY STRENGTH

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

EXERCISES	SETS	REPS	WEIGHT	REST BETWEEN SETS
Superset: Reverse lunges into standing shoulder press	3	8-10 of each		2-3 minutes
Leg press	4	8-10	70KG	2-3 minutes
superset: Goblet squats - weighted into body weight	3	10		2-3 minutes
superset: Tricep pull downs X face pulls	3	8-10 of each		1-2 minute
Weighted situps	3	10		30 second - 1 minute
Incline sit-ups	3	8-10		1 minute
Hanging leg raises using captains chair - optional add dumbbell in between feet	3	8-10		1 minute
Russian twists into flutter kicks	3	30 seconds each exercise		30 second - 1 minute

INTERVAL RUN

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

TOTAL TIME 45-50 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	90 second run @ 9.5kph/ 60 sec walk 5.3kph x 6 repeats	15 mins
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
- Focus on light, quick steps—not speed
- Maintain good posture and relaxed breathing

PYRAMID INTERVALS

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

TOTAL TIME 35-45 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	<ul style="list-style-type: none"> 1 min run @ 9.5kph / 1 min walk 2 min run @ 9.2kph / 1 min walk 3 min run @ 9kph / 1 min walk 2 min run @ 9.2kph / 1 min walk 1 min run @ 9.5 kph 5 min cool-down 	25 mins
Cool down	<ul style="list-style-type: none"> Easy walk 3-5 mins static stretching 	5-8 mins

TIPS:

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

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
Split squats	3	8-10	6KG dumbbells	1-2 minutes
Step ups	3	10	6KG dumbbells	1-2 minutes
Leg press (Feet higher on the platform to target glutes)	4	10	70KG	1-2 minutes
Single Leg hip thrusts	3	10		1-2 minutes
Abductor machine	Drop set (start with heaviest weight you can)	Till failure	49KG and drop	No rest
Finisher: Jumping squats	3	20		1 minute

BIKE INTERVALS

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

TOTAL TIME 35-40 MINS

SECTION	DETAILS	TIME
Warm-Up	<ul style="list-style-type: none">• Easy cycling at low resistance• Gradually increase resistance	5-8 mins
Main set	<ul style="list-style-type: none">• 1 minute high intensity / 90 sec easy spin x 8• “High intensity” = RPE 9• “Easy spin” = RPE 2-3	20 minutes
Cool down	<ul style="list-style-type: none">• Easy cycling at very low resistance• Gradually reduce cadence• Follow with light stretches for legs and hips	5-8 mins

Tips:

- Keep shoulders relaxed, core engaged.
- Adjust resistance so high-intensity intervals are challenging but sustainable.
- Add extra easy spins to recover if needed.

LONG RUN

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

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
Run	<p>Easy Jog (Conversational Pace)</p> <ul style="list-style-type: none">• 3 × 1 km• 90 seconds walking recovery between each interval <p>Tip: Slow down or walk if breathing gets heavy.</p>	3K
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
- Focus on light, quick steps—not speed
- Maintain good posture and relaxed breathing