

WEEKLY SCHEDULE

WEEK 4

MONDAY

Full body strength
Upper, lower & core

TUESDAY

Rest/optional active rest
30 minute+ walk/yoga/pilates

WEDNESDAY

Upper strength & Easy run
Can be done seperately or in
the same session

THURSDAY

Active rest day
30 minute+ walk/yoga/pilates

FRIDAY

Unilateral leg strength
Quads, hamstrings, glutes

SATURDAY

**Active rest/Optional
workout video**
Optional taylaKfitness workout
video

DAILY NON NEGOTIABLES

- 7-10k steps
- 2L+ water
- Protein with meals
- Journal / check in
- Improve 1 thing in training

SUNDAY

Interval run & Stretching
Short hard efforts + recovery
(stretching using TaylaKfitness
stretching video)

WEEK 4 FOCUS

This week is all about finishing strong and owning your progress.

- Push yourself with confidence, whether that's holding your pace on your intervals or controlling heavier weights
- Focus on combining strength and endurance...notice how far your body has come in just 4 weeks
- Celebrate your consistency and the small wins that got you here

You've built the foundation... now enjoy the results of your hard work!

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

Full body strength

COACHES NOTES

These supersets are paired to make your workout flow smoothly, so aim to complete them back to back using the same equipment where possible.

Exercises	Muscle groups	Sets	Reps	Rest between sets
Superset: <ul style="list-style-type: none"> • Body weight goblet squat • Weighted goblet squat 	<ul style="list-style-type: none"> • Legs 	3	10 of each	1 minute
Superset: <ul style="list-style-type: none"> • Reverse lunges • Standing shoulder press 	<ul style="list-style-type: none"> • Legs • Shoulders 	3	10 of each	1 minute
Superset: <ul style="list-style-type: none"> • Overhead dumbbell tricep extension • Tricep kickbacks 	<ul style="list-style-type: none"> • Triceps 	3	10 of each	1 minute
Dumbbell chest press Lie flat on the floor	<ul style="list-style-type: none"> • Chest 	3	12	1 minute
Bent over row	<ul style="list-style-type: none"> • Back 	3	12	1 minute

Core

Exercises	Sets	Time	Rest
Russian twists (weighted)	3	50 secs	30 secs
Weighted situps	3	50 secs	30 secs
Plank	3	50 secs	30 secs

Upper strength

QUICK REMINDERS

- Do 3-5 mins of dynamic stretches before your workout
- Before your first lift, do 1-2 lighter warm-up sets
- Choose a weight that challenges you without losing form

Exercises	Muscle groups	Sets	Reps	Rest between sets
Chest press	Chest	3	12	1-2 minutes
Shoulder press	Shoulders	4	12	1-2 minutes
Around the worlds	Shoulders	3	10	1-2 minutes
Bent over row	Back	4	12	1-2 minutes
Bicep curls	Biceps	3	10	1-2 minutes

Easy Run

QUICK REMINDER

This session should feel easy and sustainable. You should still be able to hold a conversation throughout.

Choose your level:

Beginner:

Option	Time	Effort
Warm up:	10 mins	Walk
Main workout:	2 minute/1 minute X 8	Easy run/Walk
Cool down:	10 mins	Easy

Intermediate:

Option	Time	Effort
Warm up:	10 mins	Walk
Main workout:	30	Easy run
Cool down:	10 mins	Easy

COACH TIP

- Romanticise it a little – put on a good series, your favourite playlist, or a podcast and enjoy the session.

YOUR GOAL FOR TODAY

- Build aerobic fitness
- Get your body moving
- Support recovery
- Add to your daily steps

Unilateral leg Strength

QUICK REMINDERS

- Do 3-5 mins of dynamic stretches before your workout
- Before your first lift, do 1-2 lighter warm-up sets
- Choose a weight that challenges you without losing form

Exercises	Sets	Reps	Rest between sets
Single leg glute bridge	4	12 each leg	1- 2 minutes
Reverse lunges	4	12 each leg	1- 2 minutes
Superset: <ul style="list-style-type: none"> • Weighted step-ups • Bodyweight step-ups 	4	10 each leg	1- 2 minutes
Pistol squat Using chair	4	10 each leg	1- 2 minutes

Interval run

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

Total time: 44 mins

Phase	Time	Effort
Warm up	10 mins	Brisk walk
Main Workout	2 mins/1 mins x 8	Run (RPE 7-8)/walk
Cool down	10 mins	Gentle walk

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

Excercise	Reps/time	How to do it
Neck rolls	5 each direction	Slowly roll your head in a circle, keeping shoulders relaxed.
Shoulder Circles	10 forward / 10 back	Circle your shoulders gently, focusing on smooth movement.
Arm swings	10 forward / 10 back	Swing arms gently across your body and then behind you.
Cat-Cow Stretch	8-10 reps	On hands & knees, arch your back (cat) then drop your torso & lift chest (cow).
Thread the needle	5 each side	On hands & knees, slide one arm under the opposite arm and reach as far as comfortable.
Hip Circles	5 each direction	Stand tall, make big circles with your hips slowly.
Ankle circles	5 each direction	Lift one foot off the ground, rotate ankle slowly, then switch sides.
Standing Hamstring Stretch	20-30 sec each leg	Step one foot forward, hinge at the hips, keep back straight, reach toward toes.
Quad stretch	20-30 sec each leg	Standing, bend one knee, grab your ankle, pull heel toward glutes gently.