

WEEKLY SCHEDULE

WEEK 4

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

- PYRAMID INTERVAL RUN
- CORE

WEDNESDAY

- FULL BODY STRENGTH
- WALK (ANY DISTANCE)

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

- 60 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.

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

Pyramid 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:

EASY JOG = RPE 2-3

PUSH PACE = RPE 7-8

- 1 MINUTE PUSH - 1 MINUTE EASY JOG
- 2 MINUTE PUSH - 1 MINUTE EASY JOG
- 3 MINUTE PUSH - 1 MINUTE EASY JOG
- 2 MINUTE PUSH - 1 MINUTE EASY JOG
- 1 MINUTE PUSH - 1 MINUTE EASY JOG

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 (30 MINUTES) RPE 2-3

CONTINUOUS EASY JOG (COULD HOLD A CONVERSATION)

COOL DOWN (5 MINS):

- GENTLE WALK
- GENTLE STRETCHES

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.

Exercises	Sets	Reps	Rest between sets
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

Longest run yet! you've got it!

Long run

WARM-UP (5-7 MINS):

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

THE RUN (60 MINUTES) RPE 2-3

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

COOL DOWN (5 MINS):

- SLOW WALK
- MOBILITY AND STRETCHING

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 🧘