

WEEKLY SCHEDULE

WEEK 20

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

- Full body strength
- 15 minute incline walk

TUESDAY

- Interval run
- Stretching (using video)

WEDNSDAY

- Upper & core
- 15/20 minute incline walk

THURSDAY

- Lower strength
- 15/20 minute incline walk

FRIDAY

- Hit 10K steps!

SATURDAY

Hit 10K steps!

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

- Pyramid intervals
- Stretching (using video)

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

- 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: Goblet squats weighted into body weight	3	8-10 of each	10KG	1-2 minutes
Leg press (optional single leg)	3	10	50-70KG (aim to be consistent with 70)	1-2 minutes
superset: Reverse lunges into standing shoulder press	3	8-10 of each	Lunges: 10KG dumbbells Press: 6KG dumbbells	1-2 minutes
Seated cable rows	3	10	27KG	1-2 minutes
Incline Sit-ups	3	10		1 minute
Captains chair leg raises	3	10		1 minute
Captains chair knee tucks	3	8-10		1 minute

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.

Exercise	Sets	Reps	Weight	Rest between sets
Bulgarian split squats	3	8-10 each leg	8KG each hand	2-3 minutes
Super set Step ups: Weighted into bodyweight)	3	8-10 each leg	8KG	2-3 minutes
Single leg press	3	8-10 each leg		2-3 minutes
Romanian deadlifts	4	10		No rest
Abductor machine	Drop set (start with heaviest weight you can)	10	40KG	No rest

LONG RUN

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

Total time 35-40 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
Run	Continuous easy jog at a pace you can hold a conversation (RPE 4-6) Tip: Slow down or walk if breathing gets heavy.	5K
Cool down	<ul style="list-style-type: none">• Easy walk 3-5 mins• static stretching	5-8 mins

TIPS:

- Focus on light, quick steps—not speed
- Maintain good posture and relaxed breathing

UPPER/ CORE

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	15Kg	1-2minutes
Shoulder press	3	10	12.5KG	1-2 minutes
Around the worlds (shoulders)	3	10	4KG	1 - 2 minutes
Cable row (wide or close grip)	3	10	27KG	1-2 minutes
Bent over row	3	10	20KG	1-2 minute
Dumbbell hammer curls (biceps)	3	10 each arm	4KG	1-2 minutes
Captains chair weighted knee tucks	3	8-10		1 minute
Captains chair leg raises	3	8-10		1 minute
Weighted situps	3	10		1 minute
Decline sit-ups	3	15		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	2 minute run @ 10.5kph/ 60 walk @ 5kph x 8 repeats	24 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

PYRAMID INTERVALS

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	<ul style="list-style-type: none"> 1 min @ 10kph / 1 min easy 2 min @ 10.3 kph / 1 min easy 3 min @ 10.5 kph / 1 min easy 2 min @ 10.3kph / 1 min easy 1 min run @ 10.kph 5 min cool-down 	24 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

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">• 45 sec high intensity / 90 sec easy spin x 8• “High intensity” = RPE 9• “Easy spin” = RPE 2-3	18 mins
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.

UPPER (BACK & NECK)

- 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
Lat pulldowns- Wide or Close Grip (back)	3	10	1-2 minutes
Seated Cable row (back)	3	10	1-2 minutes
Bent over row (back)	3	10	1-2 minutes
Face pulls (back)	3	10	1-2 minutes
Shoulder press	3	10	1-2 minutes