

WEEKLY SCHEDULE WEEK 3

MONDAY

Lower Body + easy cardio
(can be done seperately or in
the same session)

TUESDAY

Upper, core + easy cardio
(can be done seperately or in
the same session)

WEDNESDAY

Descending intervals
Short hard efforts + recovery

THURSDAY

Active rest day
Light movement, mobility +
recovery

FRIDAY

Full body strength
Upper, lower + core

SATURDAY

Broken tempo
Comfortably hard cardio

DAILY NON NEGOTIABLES

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

SUNDAY

Recovery Day
Rest + reset

WEEK 3 FOCUS

We're deep into the plan now, lets keep going

Main focuses this week:

- Push your intensity where your form allows
- Stay consistent across all sessions, not just the ones you enjoy
- Dial in your pacing on cardio sessions, especially tempo
- Prioritise recovery so you can keep performing

YOU'VE BUILT THE BASE, NOW IT'S ABOUT SHOWING UP, STAYING CONSISTENT, AND PUTTING IN THE WORK EVEN WHEN IT FEELS TOUGH.

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

Lower body

COACH NOTES:

This week is about pushing your intensity while keeping your form strong. Challenge your weights where you can, stay focused in each set, and make every rep count.

Warm up (bodyweight)

Exercises	Sets	Reps
Reverse lunge	1	15 each leg
Glute bridge	1	15
Body weight squat	1	15

Main workout

Exercises	Sets	Reps	Rest between sets
Single leg press Glute focus: feet higher on platform	3	8-10	1-2 minutes
Superset: Step-ups Bodyweight→ weighted	3	8 each leg → 8 each leg	1-2 minutes
Single leg hip thrusts	3	8-10	1-2 minutes
RDL's	3	10	1-2 minutes

Easy cardio

QUICK REMINDER

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

Choose one option:

Option	Time	Effort
Bike	25 mins	Easy
Incline walk	25 mins	Easy
Combo	10-15 mins each	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 your fitness
- Get your body moving
- Support recovery
- Add to your daily steps

Upper strength

COACH NOTES:

This week is about pushing your intensity while keeping your form strong. Challenge your weights where you can, stay focused in each set, and make every rep count.

Exercises	muscles worked	Sets	Reps	Rest between sets
Incline Chest press	Chest	4	10	1-2 minutes
Lat pull downs	Back	4	10	1-2 minutes
Superset: Around the worlds Upright row	Shoulders	3	10	1-2 minutes
Superset: Tricep pulldowns Cable pullovers	Triceps Back	3	8 of each	1-2 minutes
Hammer curls	Biceps	3	10 each arm	1-2 minutes

CORE

Exercises	Sets	Reps	Rest between sets
Captains chair tucks	4	8-10	1 minute
Decline sit-ups	4	8-10	1 minute
Russian twists	3	30-40 secs	1 minute

Descending intervals

Goals: This session is all about control and pacing. The intervals get shorter, but that doesn't mean easier – stay consistent with your effort and avoid going too hard too early.

Total time 43 mins

Section	Time	Effort
Warm-Up	10 mins	Easy
Round 1	5 mins/3 mins	Hard/moderate
Round 2	4 mins/2 mins	Hard/moderate
Round 3	3 mins/90 secs	Hard/moderate
Round 4	2 mins/1 min	Hard/moderate
Round 5	1 min/30 secs	Hard/moderate
Cool down	10 mins	Easy

Hard = 7-8/10 effort

Moderate = 4-5/10 effort

Easy = 2-3/10 effort

Tips:

- Keep your posture strong and avoid tensing up.
- Your hard intervals should feel tough, but still doable.
- Don't rush the recovery, use it properly so you can push again.
- Adjust your machine settings to match the effort, not the other way around.
- If you need a little extra recovery, take it – quality over chaos.

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 group	Sets	Reps	Rest between sets
Superset: <ul style="list-style-type: none"> Barbell front squat Barbell shoulder press 	<ul style="list-style-type: none"> Legs Shoulders 	3	10 of each	1-2 minutes
Superset: <ul style="list-style-type: none"> Cable pullover Tricep pulldowns 	<ul style="list-style-type: none"> Back Triceps 	3	10 of each	1-2 minutes
Superset: <ul style="list-style-type: none"> RDL Bent over row 	<ul style="list-style-type: none"> Back Legs 	3	10 of each	1-2 minute

Core

Exercises	Sets	Reps	Rest between sets
Captains chair tucks	3	10	1 minute
Decline sit-ups	3	10	1 minute
Weighted sit-ups	3	10	1 minute
Russian twists	3	30-40 secs	30 second

Broken tempo

Goal: Build endurance and improve your ability to hold a strong, challenging pace for a longer period of time. This effort should feel hard but maintainable, like you're working but still in control.

Total time: 54 mins

Section	Time	Effort
Warm-Up	10 mins	Easy
Round 1	10 mins	Strong
Round 2	2 mins	Easy
Round 3	12 mins	Strong
Round 4	2 mins	Easy
Round 5	8 mins	Hard
Cool down	10 mins	Easy

Hard = 9/10 effort

Strong = 7-8/10 effort

Easy = 2-3/10 effort

Tips:

- Start controlled, not too fast.
- Stay consistent, avoid big pace changes.
- It should feel challenging but sustainable.
- If you fade early, pull it back slightly.
- Stay relaxed and focused throughout.

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.