

WEEKLY SCHEDULE

WEEK 1

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

- Rest (optional long walk/mobility)

TUESDAY

- Upper body (pull up focus)

WEDNSDAY

- Interval run

THURSDAY

- Lower body + core (unilateral focused)

FRIDAY

- Long walk/mobility

SATURDAY

- 30 minute+ walk

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

- Long run

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 (pull-up focused)

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>
Assisted Pull-Ups	3	6-8	1-2minutes
Lat pulldowns - close OR wide grip (back)	3	8	1-2 minutes
Barbell row (back)	3	8	1-2 minutes
Shoulder press	3	10	1-2 minutes
Chest press	3	10	1 - 2 minutes
Dumbbell hammer curls (biceps)	3	10 each arm	1-2 minutes

Interval 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 	7-10 mins
Main set	400m at - 5:15-5:20/km pace / 200m slow jog X 6	20-21 mins
Cool down	<ul style="list-style-type: none"> Easy walk 3-5 mins static stretching 	7 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

Lower body Unilateral focus

- 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.

Legs

<i>Exercises</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest between sets</i>
Step-ups	3	8-10 each leg	2-3 minutes
Single leg press	3	8-10 each leg	2-3 minutes
Single leg hip thrust or glute bridge	3	8 each leg	2-3 minutes
Reverse lunge	3	8 each leg	2-3 minutes
Abductor machine	Drop set (start with heaviest weight you can)	10	No rest

Core

<i>Exercises</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest between sets</i>
Russian twists (weighted)	3	10	30 sec - 1 min
Weighted situps	3	10	30 sec - 1 min
Plank	1	Until failure!	No rest

Long run

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

Total time 1h-1h15

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 run	<p>7K Continuous easy jog at a 6:30-7:00/km pace (RPE 4-6) Tip: Slow down or walk if breathing gets heavy. Focus on time on your feet, not pace</p>	45-50 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