

WEEKLY SCHEDULE

WEEK 2

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. 🤍

DAY 8

- Full body push

Challenge: Eat 3 high protein meals today

DAY 9

- Taylakfitness core workout video

Challenge: Drink a big glass of water before anything else today

DAY 10

- Interval run

Challenge: Write down 3 things you're grateful for today

DAY 10

- Full body pull

Challenge: Listen to some Christmas music and go for a walk today

DAY 11

- 30 min - 1 hour minute walk
- stretching

Challenge: Find a new podcast today

DAY 12

- Easy run

Challenge: Make a healthy meal today

DAY 13

- Sunday reset (rest day)

Challenge: Do some festive baking today

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 push

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>
Reverse lunges	3	8 – 10 each leg	2–3 minutes
Step-ups	3	8 – 10 each leg	2–3 minutes
Superset: Goblet Squats X shoulder press	3	8–10 each exercise	2 – 3 minutes
Chest press	3	10	2 – 3 minutes
Around the worlds	3	10	2 – 3 minutes
superset: Front raises Xdumbbell tricep extension	3	8 each exercise	2–3 minutes

Interval run

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

Total time 42 - 52 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	<p>Beginner: 90 sec run (RPE 7-8) / 90 sec walk (RPE 2-3) x 8 repeats</p> <p>Intermediate: 2 minute run (RPE 7-8) / 60 sec walk (RPE 2-3) x 8 repeats</p>	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 controlled breathing

Full body pull

- 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.

<i>Exercises</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest between sets</i>
Single leg press	3	10 each leg	2–3 minutes
superset: Romanian deadlifts into bent over rows	3	8 – 10	2–3 minutes
superset: Cable pull downs X face pulls	3	8–10 of each	2–3 minutes
Lat pulldowns	3	8 – 10	2–3 minutes
Weighted situps	3	10	30 second – 1 minute
Russian twists into Flutter kicks	3	30 seconds each exercise	30 second – 1 minute
Plank	3	until failure	1 minute

Easy run

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

Maximum time: 38- 48 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	<ul style="list-style-type: none"> Easy jog at a pace at a conversational pace – 20 mins Tip: Slow down or walk if breathing gets heavy. 	20 mins
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