

# 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. 🤍

## 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.

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RPE SCALE	RATE OF PERCEIVED EXERTION
<b>10</b> /	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
<b>9</b> /	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
<b>7-8</b> /	<b>VIGOROUS ACTIVITY</b> Borderline uncomfortable. Short of breath, can speak a sentence
<b>4-6</b> /	<b>MODERATE ACTIVITY</b> Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
<b>2-3</b> /	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
<b>1</b> /	<b>VERY LIGHT ACTIVITY</b> 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.

<b><i>Exercises</i></b>	<b><i>Sets</i></b>	<b><i>Reps</i></b>	<b><i>Rest between sets</i></b>
Assisted Pull-Ups	3	8-10	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**

<b>Section</b>	<b>Details</b>	<b>Time</b>
Prep & Get Set	<ul style="list-style-type: none"> <li>Wear comfy clothes &amp; supportive shoes</li> <li>Hydrate if needed</li> <li>Pick a flat route or treadmill</li> </ul>	5-10 mins
Warm-Up	<ul style="list-style-type: none"> <li>Brisk walk or light jog 3-5 mins</li> <li>Dynamic mobility: leg swings, high knees, butt kicks, arm circles &amp; hip openers</li> </ul>	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"> <li>Easy walk 3-5 mins</li> <li>static stretching</li> </ul>	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

<b><i>Exercises</i></b>	<b><i>Sets</i></b>	<b><i>Reps</i></b>	<b><i>Rest between sets</i></b>
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

<b><i>Exercises</i></b>	<b><i>Sets</i></b>	<b><i>Reps</i></b>	<b><i>Rest between sets</i></b>
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**

<b>Section</b>	<b>Details</b>	<b>Time</b>
Prep & Get Set	<ul style="list-style-type: none"> <li>Wear comfy clothes &amp; supportive shoes</li> <li>Hydrate if needed</li> <li>Pick a flat route or treadmill</li> </ul>	5-10 mins
Warm-Up	<ul style="list-style-type: none"> <li>Brisk walk or light jog 3-5 mins</li> <li>Dynamic mobility: leg swings, high knees, butt kicks, arm circles &amp; hip openers</li> </ul>	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"> <li>Easy walk 3-5 mins</li> <li>static stretching</li> </ul>	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