

WEEKLY SCHEDULE WEEK 4

Any days you are feeling under the weather, you can swap the gym/runs for a long stroll/TaylaKfitness workout video.

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

TUESDAY

Active rest

30 minute+ walk

WEDNESDAY

Upper strength

Easy run

(split or done in the same session)

THURSDAY

Active rest

30 minute+ walk

FRIDAY

lower body strength

SATURDAY

Active rest

Long walk/ TaylaKfitness workout video/mobility

DAILY GOALS

- Do 1 thing every day that feels challenging
- Drink at least 2 litres of water per day
- Hit 7-10K steps a day
- Apply progressive overload within every strength session, keep on improving!

SUNDAY

Interval run

Stretching – using TaylaKfitness 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

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
Single leg press	• legs	3	10 each leg	1-2 minutes
Superset: - Barbell front squat - Barbell shoulder press	• Legs • Shoulders	4	10 of each	1-2 minutes
Superset: - Cable pullover - Tricep pulldowns	• Back • Triceps	3	10 of each	1-2 minutes
Superset: - RDL - Bent over row	• Back • Legs	3	10 of each	1-2 minute

Core

Exercises	Sets	Time	Rest
Captains chair knee tucks	4	10 reps	30 sec - 1 min
decline sit-ups	3	8-10 reps	30 sec - 1 min
Weighted situps	3	60 secs	30 sec - 1 min
Weighted Russian twists	3	60 secs	30 sec - 1 min

UPPER STRENGTH

QUICK REMINDERS

- Do 3-5 mins of dynamic stretches before your workout
- Before your first lift, do 1-2 lighter warm-up sets
- Choose a weight that challenges you without losing form

Exercises	muscles worked	Sets	Reps	Rest between sets
Chest press	chest	4	10	1 minute
Superset: Around the worlds upright row	shoulders	3	10	1 minutes
Plate raises	shoulders	4	10	1 minutes
Superset: Tricep pulldowns Cable pulldowns	Triceps Back	3	10	1 minutes
Hammer curls	Biceps	4	10	1 minutes

EASY RUN

Before You Start

This session is about building aerobic fitness and confidence without pushing too hard. You should finish feeling accomplished, not exhausted. Keep it relaxed and conversational.

Chose an option:

Option A: beginners

Phase	Time	What to do
Warm up	5-10 minutes	Gentle walk + dynamic stretches
Easy run	7 rounds: 3 min/1 min	Jog/walk
Cool down	5-10 mins	Gentle walk + static stretches

Option B: Intermediate

Phase	Time	What to do
Warm up	5-10 minutes	Gentle walk + dynamic stretches
Easy run	30 minutes	Continuous easy jog for 25 mins (RPE 4-6)
Cool down	5-10 mins	Gentle walk + static stretches

LOWER BODY STRENGTH

QUICK REMINDERS

- Do 3-5 mins of dynamic stretches before your workout
- Before your first lift, do 1-2 lighter warm-up sets
- Choose a weight that challenges you without losing form

Exercises	Sets	Reps	Rest between sets
Superset: -Weighted Step-ups -Bodyweight Step-ups	4	10 each leg	1 minute
SUPERSET: -Dumbbell goblet squat -Body weight squat	3	10 of each exercise	1 minute
Single leg press	3	10 each leg	1 minutes
Abductor machine	4	10	1 minute
Quad seated leg extension	4	10	1 minute

INTERVAL RUN

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

Total time: 30-40 mins

Phase	Time	Effort
Warm up	5-10 minutes	Gentle walk + dynamic stretches
Easy run	8 rounds: 2 mins/30 sec	Hard/Easy
Cool down	5-10 mins	Gentle walk + static stretches

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

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.