

WEEKLY SCHEDULE

WEEK 13

MONDAY

20 minute easy run + mobility

20 minute easy run
mobility/stretching

TUESDAY

Active rest/rehab exercises

light movement and rehab
exercises

WEDNESDAY

Upper pull + easy cardio

Back, biceps + cardio

THURSDAY

Lower body

Glute + hip strengthening

FRIDAY

Rest

Optional active rest

SATURDAY

Easy run + short pickups

Easy run with short bursts

DAILY NON NEGOTIABLES

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

SUNDAY

Upper push + easy cardio

Shoulders, chest, triceps +
core

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

EASY RUN

Coach's Notes:

This session is all about easing your body back into running and rebuilding confidence, so keep the run sections easy and controlled. Focus on how you feel, not pace.

TOTAL TIME 30/40 MINS

SECTION	TIME	EFFORT
Warm up	5/10 mins	Fast walk
Main set	20 minutes	Easy run
Cool down	5/10 mins	Walk

UPPER PULL/CORE

Choose a weight that challenges you without compromising form — if your form slips, drop the weight, master it, then build back up.

Exercises	Sets	Reps	Weight	Rest between sets
Dumbbell hammer curls	3	10	5kg	1-2minutes
Barbell bicep curls	3	10	10kg	1-2 minutes
Cable row wide or close grip	3	10	25kg	1-2 minutes
Lat pulldown close grip	3	10	30kg	1-2 minute
Cable face pulls	3	10	25kg	1-2 minutes

Core

Exercise	Time	Rest
Bicycle crunches	30 seconds	30 seconds
Russian twists	30 seconds	30 seconds
flutter kicks	30 seconds	30 seconds
Plank	40 seconds	30 seconds

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

LOWER BODY

Coach's Notes

This session is focused on building strength through the glutes and hip stabilisers to support your return to running and improve lower body stability. Keep the movements slow and controlled, and don't worry about lifting too heavy here. Focus on good form and muscle activation over load.

Exercises	Sets	Reps	Weight	Rest between sets
Hip abductor machine	3	10-12		1-2 minutes
Smiths machine back squat	3	8-10 per leg		1-2 minutes
Bulgarian split squats	3	8-10 per leg		1-2 minutes
Hip thrusts	3	15 per leg		1-2 minutes

UPPER PUSH/CORE

Choose a weight that challenges you without compromising form — if your form slips, drop the weight, master it, then build back up.

Exercises	Sets	Reps	Weight	Rest between sets
Chest press (dumbbells)	3	10		1-2minutes
Shoulder press (dumbbells)	3	10	10kg	1-2 minutes
Upright row	3	8-10		1-2 minutes
Pec dec	3	8-10		1-2 minutes
Tricep pulldowns	3	10	20kg	1-2 minutes
Overhead dumbbell tricep extension	3	10	10kg	1-2 minute

Core - 3 rounds

Exercise	Time	Rest
Bicycle crunches	40 seconds	30 seconds
Russian twists	40 seconds	30 seconds
flutter kicks	40 seconds	30 seconds

EASY RUN+ SHORT PICKUPS

QUICK REMINDER

This session should feel easy and sustainable. Use the pick-ups to push your pace and see how it feels.

Total time: 32-42 mins

Option	Time	Effort
Warm up	5/10 mins	Walk
Run	20 mins	Easy run
Pick ups	30 secs X 4	Faster pace
Cool down	5/10 mins	Walk

YOUR GOAL FOR TODAY

- Build your fitness
- Get your body moving
- Support recovery
- Add to your daily steps

PYRAMID INTERVALS

Goal: Build strength and stamina by gradually increasing then decreasing effort. Push hard on longer intervals, recover fully on the shorter ones

Total time: 38 mins

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

Hard = 9/10 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.

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.