

# WEEKLY SCHEDULE WEEK 3

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

- 30 minute+ walk

## WEDNSDAY

- Upper strength
- Easy run  
(split or done in the same session)

## THURSDAY

- 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.

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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

# FULL BODY STRENGTH

- 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.

Exercises	Muscle group	Sets	Reps	Rest between sets
Superset: -Weighted goblet squats -Bodyweight goblet squats	legs	3	10 of each	1-2 minutes
Leg press (optional single leg)	Legs	3	10	1-2 minutes
superset: -reverse lunges -standing shoulder press	legs Shoulders	3	8 of each	1-2 minutes
Seated cable rows	Back	3	10	1-2 minutes
superset: -Tricep pull downs -Front cable pulldowns	Triceps Back	3	8-10 of each	1-2 minute
<b>Core</b>				
Russian twists (weighted)		3	10	30 sec - 1 min
Weighted situps		3	10	30 sec - 1 min
Plank		3	30-40 seconds	30 sec - 1 min

# UPPER STRENGTH

- 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.

Exercises	muscles worked	Sets	Reps	Rest between sets
Chest press	chest	3	10	1 minute
Shoulder press	shoulders	3	10	1 minutes
Plate raises	shoulders	3	10	1 minutes
Tricep pulldowns	Triceps	3	10	1 minutes
Lat pulldown	Back	3	10	1 minutes
Hammer curls	Biceps	3	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.

**Time: 30-40 mins**

**Option A: beginners**  
**Option B: Intermediate**

Phase	Time	What to do
Warm up	5-10 minutes	Brisk walk 2-3 mins + dynamic stretches
Easy run	18-22 minutes	Option A: 2 min jog/1 min walk X 6 Option B: Continuous easy jog for 25 mins (RPE 4-6)
Cool down	5-10 mins	Gentle walk + static stretches

# LOWER BODY STRENGTH

- 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.

Exercises	Sets	Reps	Rest between sets
Superset: -Weighted Step-ups -Bodyweight Step-ups	3	10 each leg	1-2 minute
Single leg press	3	10 each leg	1-2 minutes
Abductor machine	3	10	1-2 minutes
Quad seated leg extension	3	10	1-2 minutes
Superset: -Dumbbell goblet squat -Body weight squat	3	10 of each exercise	1-2 minutes

# INTERVAL RUN

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

**Total time: 22-32 mins**

Phase	Time	What to do
Warm up	5-10 minutes	Brisk walk 2-3 mins + dynamic stretches
Main set	16 mins	<ul style="list-style-type: none"><li>• 90 second run (RPE 7-8)</li><li>• 45 second walk recovery (RPE 2-3)</li><li>• Repeat x 7 rounds</li></ul>
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.