

# WEEKLY SCHEDULE

## WEEK 4

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 21

- Full body

Challenge: Try and do something today that feels out of your comfort zone

### DAY 22

- Taylakfitness HIIT workout

Challenge: Read at least 5 pages of a new or existing book

### DAY 23

- Easy run

Challenge: Make someone smile today :)

### DAY 24

Take today to embrace the magic around you, go for a long walk, say merry Christmas to strangers, dance in the kitchen, make some yum food, take any pressure off of yourself and relax.

### DAY 25

**MERRY CHRISTMAS!!**

The only challenge today is to **ENJOY YOURSELF!**

Take a moment to enjoy quality time with the ones you love, eat delicious food, drink mulled wine and indulge in happiness. you've smashed it <3

# 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
<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

- 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>
Superset: Goblet squats weighted into body weight	3	10 of each	1–2 minutes
SUPERSET Dumbbell RDL (legs) Into jumping squats (bodyweight)	3	10 of each	1–2 minutes
superset: reverse lunges X standing shoulder press (using dumbbells)	3	8 of each	1–2 minutes
Bent over row (back) (using dumbbells)	3	10	1–2 minute
superset: Overhead dumbbell tricep extension X Tricep kickbacks	3	8–10 of each	1–2 minute

## Core

Russian twists (weighted)	3	10	30 sec – 1 min
Weighted situps	3	10	30 sec – 1 min
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: 43- 53mins**

Section	Details	Time
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
Run	<ul style="list-style-type: none"> <li>Easy jog at a pace at a conversational pace – 30 mins</li> <li>Tip: Slow down or walk if breathing gets heavy.</li> </ul>	30 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:

- Focus on light, quick steps – not speed
- Maintain good posture and relaxed breathing