

# WEEKLY SCHEDULE

## WEEK 16

### MONDAY

**Upper pull + easy cardio**  
Back, biceps + cardio

### TUESDAY

**Active rest**  
light movement

### WEDNESDAY

**Lower body + stretching**  
Unilateral focused

### THURSDAY

**Upper push + Easy run**  
Shoulders, chest, triceps + core

### FRIDAY

**Rest**  
Optional active rest

### SATURDAY

**Intervals cardio + stretching**  
Short/long bursts + recovery

### DAILY NON NEGOTIABLES

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

### SUNDAY

**Full body + optional easy Run**  
Easy run only if energy is high and legs are not fatigued

# 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

# Lower body

## Coach's Notes

This session is focused on single leg movements to help with any imbalances and stabilise your hips. Focus on starting with your weaker side and matching the reps with your stronger side.

Exercises	Sets	Reps	Weight	Rest between sets
Hip abductor machine	3	10-12	50KG	1-2 minutes
Smiths machine back squat	3	8-10 per leg	15kg	1-2 minutes
Bulgarian split squats	3	8-10 per leg	Body weight	1-2 minutes
Single leg RDL	3	8-10 per leg		1-2 minutes
Hip thrusts	3	15 per leg	15kg	1-2 minutes
Cable kickbacks	3	8-10	10kg	1-2 minutes

# 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	10kg	1-2 minutes

## Core

Exercise	Time	Rest
Cap	50 seconds	30 seconds
Russian twists	50 seconds	30 seconds
flutter kicks	50 seconds	30 seconds
Plank	50 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	25-30 minutes	Easy
Incline walk	25-30 minutes	Easy
Stair stepper	25-30 minutes	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

# 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	10kg	1-2minutes
Shoulder press (dumbbells)	3	10	5kg each arm	1-2 minutes
Upright row	3	8-10	15kg	1-2 minutes
Pec dec	3	8-10	15kg	1-2 minutes
Tricep pulldowns	3	10	20kg	1-2 minutes
Overhead dumbbell tricep extension	3	10	10kg	1-2 minute

# Easy run

## Coach's Notes:

Keep your pace super easy and make sure your breathing is controlled. You want to make sure you'd be able to hold a conversation.

## TOTAL TIME 40/50 MINS

SECTION	TIME	EFFORT
Warm up	5/10 mins	Fast walk
Main set	30 mins	Easy run
Cool down	5/10 mins	Walk

# 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 deadlifts	• Legs	3	8-10	1-2 minutes
<b>Superset:</b> <ul style="list-style-type: none"> <li>• Barbell front squat</li> <li>• Barbell shoulder press</li> </ul>	<ul style="list-style-type: none"> <li>• Legs</li> <li>• Shoulders</li> </ul>	3	10 of each	1-2 minutes
<b>Superset:</b> <ul style="list-style-type: none"> <li>• Cable face pulls</li> <li>• Tricep pulldowns</li> </ul>	<ul style="list-style-type: none"> <li>• Back</li> <li>• Triceps</li> </ul>	3	10 of each	1-2 minutes
<b>Superset:</b> <ul style="list-style-type: none"> <li>• RDL</li> <li>• Bent over row</li> </ul>	<ul style="list-style-type: none"> <li>• Back</li> <li>• Legs</li> </ul>	3	10 of each	1-2 minute

## Core

Exercises	Sets	Reps	Rest between sets
Captains chair tucks	4	10	1 minute
Decline sit-ups	4	10	1 minute
Weighted sit-ups	4	10	1 minute
Russian twists	4	30-40 secs	30 second

# Interval cardio

**Goal:** Boost power and endurance by alternating 90 minute hard, 90 minute easy for 8 rounds. Push hard on the efforts, recover fully on the easy.

**Total time 44 mins**

Section	Time	Effort
Warm-Up	10 mins	Easy
Round 1	4 rounds: 90 secs/90 secs	Hard/moderate
Round 2	3 mins	Easy
Round 3	4 rounds: 90 sec/90 sec	Hard/moderate
Cool down	10 mins	Easy

**Hard = 9/10 effort**

**Moderate = 4-6/10 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.