

# WEEKLY SCHEDULE

## WEEK 3

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 14

- Full body push

Challenge: Treat yourself to a warm bath

### DAY 15

- Taylakfitness stretching video

Challenge: Start your day with a big glass of water today

### DAY 16

- Interval run

Challenge: Write down 3 things you're grateful for today

### DAY 17

- Full body pull

Challenge: Listen to some Christmas music and go for a walk today

### DAY 18

- 30 min – 1 hour minute walk
- stretching

Challenge: Find a new podcast today

### DAY 19

- Easy run

Challenge: Make your meals colourful with fruit and veg today

### DAY 20

- Sunday reset (rest day)

Challenge: Go for a wholesome walk & hot drink today

# 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 push

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

<i>Exercises</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest between sets</i>
Reverse lunges	3	10 each leg	2-3 minutes
Step-ups	3	10 each leg	2-3 minutes
Superset: Goblet Squats X shoulder press	3	10 each exercise	2-3 minutes
Chest press	3	10	2-3 minutes
Around the worlds	3	10	2-3 minutes
superset: Front raises Xdumbbell tricep extension	3	10 each exercise	2-3 minutes

# Interval run

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

**Total time 34- 52 mins**

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
Main set	<p>Beginner: 30 sec run (RPE 7-8) / 90 sec slow jog (RPE 2-3) x 8 repeats</p> <p>Intermediate: 1 min run (RPE 7-8) / 2 min slow jog (RPE 2-3) x 8 repeats</p>	16-24 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:**

- 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 controlled breathing

# Full body pull

- 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>
Single leg press	3	10 each leg	2-3 minutes
superset: Romanian deadlifts X bent over rows	3	8	2-3 minutes
superset: Cable pull downs X face pulls	3	8-10 of each exercise	2-3 minutes
Lat pulldowns	3	8 - 10	2-3 minutes
Weighted situps	3	10	30 second - 1 minute
Russian twists into flutter kicks	3	30 seconds each exercise	30 second - 1 minute
Plank with shoulder taps	3	20 seconds	1 minute

# Easy run

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

**Maximum time: 38- 48 mins**

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 – 25 mins Tip: Slow down or walk if breathing gets heavy.</li> </ul>	25 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