

WEEKLY SCHEDULE

WEEK 17

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. 🐼

MONDAY

- Rest/optional TaylaKfitness workout video

TUESDAY

- rest/active rest

WEDNSDAY

- Interval run
- Stretching (using video)

THURSDAY

- 15 minute incline walk (the faster the better)
- Lower body

FRIDAY

- 15 minute incline walk (the faster the better)
- Upper & core

SATURDAY

- Long run
- Stretching (using video)

DAILY GOALS

- Do 1 thing every day that feels challenging
- drink at least 2 litres of water per day
- hit 7-10K steps per day
- Apply progressive overload within every strength session, keep on improving!

SUNDAY

- Full body strength
- keep the 7-10k steps up!!

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 |

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 | 8-10 of each | 1-2 minutes |
| Leg press (optional single leg) | 3 | 10 | 1-2 minutes |
| superset: Weighted step-ups into standing shoulder press | 3 | 8-10 of each | 1-2 minutes |
| Seated cable rows | 3 | 10 | 1-2 minutes |
| Lat pulldowns (back) | Drop set | Until failure (drop 4 times) | No rest |
| Superset: Russian twists into flutter kicks | 3 | 20 seconds each exercise | 1 minute |
| Plank with shoulder taps | 3 | 20 seconds | 1 minute |

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.

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Rest between sets</i> |
|--|---|--------------------|---------------------------------|
| Bulgarian split squats | 3 | 8–10 each leg | 2–3 minutes |
| Super set Step ups: Weighted into bodyweight) | 3 | 8–10 each leg | 2–3 minutes |
| Single leg press | 3 | 8–10 each leg | 2–3 minutes |
| Romanian deadlifts | 4 | 10 | No rest |
| Abductor machine | Drop set (start with heaviest weight you can) | 10 | No rest |

Long run

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

Total time 35-40 mins

| Section | Details | Time |
|----------------|---|-------------|
| Prep & Get Set | <ul style="list-style-type: none"> Wear comfy clothes & supportive shoes Hydrate if needed Pick a flat route or treadmill | 5-10 mins |
| Warm-Up | <ul style="list-style-type: none"> Brisk walk or light jog 3-5 mins Dynamic mobility: leg swings, high knees, butt kicks, arm circles & hip openers | 8-10 mins |
| Run | Continuous easy jog at a pace you can hold a conversation (RPE 4-6) Tip: Slow down or walk if breathing gets heavy. | 5K |
| Cool down | <ul style="list-style-type: none"> Easy walk 3-5 mins static stretching | 5-8 mins |

TIPS:

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

Upper/core

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> |
|---|--------------------|---------------------------------|---------------------------------|
| Incline Chest press | 3 | 10 | 1-2minutes |
| Single arm shoulder press (engage your core to not lean to the side) | 3 | 10 | 1-2 minutes |
| Around the worlds (shoulders) | 3 | 10 | 1 - 2 minutes |
| Cable row (wide or close grip) | Drop set | Until failure (drop 4 times) | 1-2 minutes |
| Single arm dumbbell bent over row (back) | 3 | 10 each arm | 1-2 minute |
| Dumbbell hammer curls (biceps) | 3 | 10 each arm | 1-2 minutes |

Core

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Rest between sets</i> |
|---|--------------------|--------------------|---------------------------------|
| super set Russian twists into flutter kicks) | 3 | 10 | 30 sec - 1 min |
| Weighted situps | 3 | 10 | 30 sec - 1 min |
| Dead bugs | 3 | 15 | 30 sec - 1 min |

Interval run

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

Total time 45-50 mins

| Section | Details | Time |
|----------------|---|-------------|
| Prep & Get Set | <ul style="list-style-type: none"> Wear comfy clothes & supportive shoes Hydrate if needed Pick a flat route or treadmill | 5-10 mins |
| Warm-Up | <ul style="list-style-type: none"> Brisk walk or light jog 3-5 mins Dynamic mobility: leg swings, high knees, butt kicks, arm circles & hip openers | 8-10 mins |
| Main set | 90 second run (RPE 7-8) / 60 sec jog (RPE 2-3) x 8 repeats | 20 minutes |
| Cool down | <ul style="list-style-type: none"> Easy walk 3-5 mins static stretching | 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 relaxed breathing

Bike intervals

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

Total time 35-40 mins

| Section | Details | Time |
|----------------|--|-------------|
| Warm-Up | <ul style="list-style-type: none">• Easy cycling at low resistance• Gradually increase resistance | 5-8 mins |
| Main set | <ul style="list-style-type: none">• 45 sec high intensity / 90 sec easy spin x 8• "High intensity" = RPE 9• "Easy spin" = RPE 2-3 | 18 mins |
| Cool down | <ul style="list-style-type: none">• Easy cycling at very low resistance• Gradually reduce cadence• Follow with light stretches for legs and hips | 5-8 mins |

Tips:

- Keep shoulders relaxed, core engaged.
- Adjust resistance so high-intensity intervals are challenging but sustainable.
- Add extra easy spins to recover if needed.

Upper (back&neck)

- 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.

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Rest between sets</i> |
|---|--------------------|--------------------|---|
| Lat pulldowns-Wide or Close Grip (back) | 3 | 10 | 1-2 minutes |
| Seated Cable row (back) | 3 | 10 | 1-2 minutes |
| Bent over row (back) | 3 | 10 | 1-2 minutes |
| Face pulls (back) | 3 | 10 | 1-2 minutes |
| Shoulder press | 3 | 10 | 1-2 minutes |