

Weekly Workout Calendar

One repeatable week, run four times, with a clear step up each week

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Strength A · Cardio · Mobility · Strength B · Complete Rest · Cardio & Core · Active Recovery · Cardio & Review

START HERE

The same seven-day shape every week: two strength days, two cardio days, one mobility day, one full rest day, one active recovery day. Only the dose changes from week to week, so the routine becomes predictable and the progression stays visible.

WHO THIS IS FOR

Adults who want a weekly rhythm they can memorise and repeat beyond the thirty days, and who prefer a fixed structure to a new session every day.

EQUIPMENT

None. Optional: a mat or towel for floor work, a stable chair for support, and a step for elevated push-ups.

INTENSITY GUIDE

RPE 1-2	Rest or very easy movement
RPE 3-4	Easy, conversation feels natural
RPE 5	Moderate, working but controlled
RPE 6	Challenging, never sharp or unstable

HOW TO USE THE CALENDAR

- Assign each of the seven slots to a fixed weekday and keep those weekdays for the whole month.
- Warm up for five minutes before every session.
- Days 29 and 30 open a fifth week at the week-four dose.
- If a week goes badly, repeat it at the same dose rather than jumping ahead.

FIVE-MINUTE WARM-UP

1 minute	March or step-touch in place	Settle into an easy rhythm
1 minute	Arm circles and shoulder rolls	Loosen the upper body
1 minute	Hip circles and easy hip hinges	Move the hips comfortably
1 minute	Half-depth squats	Keep the depth pain-free
1 minute	Faster march with arm swings	Finish a little warmer

BEFORE EACH SESSION

- | | | | |
|--|---|---|--|
| ☐ Clear the floor | ☐ Stable chair or wall | ☐ Water within reach | ☐ Pain-free starting position |
|--|---|---|--|

THREE-MINUTE COOL-DOWN

1 min

Slow the march until breathing settles.

1 min

Stretch calves, chest, and hips gently.

1 min

Take slow breaths and notice how the session felt.

30-day calendar overview

Tick the box for each completed day

1 Week 1 · Strength A RPE 4/10	2 Week 1 · Cardio RPE 4/10	3 Week 1 · Mobility RPE 2/10	4 Week 1 · Strength B RPE 5/10	5 Week 1 · Complete Rest RPE 1/10
6 Week 1 · Cardio & Core RPE 5/10	7 Week 1 · Active Recovery RPE 2/10	8 Week 2 · Strength A RPE 5/10	9 Week 2 · Cardio RPE 5/10	10 Week 2 · Mobility RPE 2/10
11 Week 2 · Strength B RPE 5/10	12 Week 2 · Complete Rest RPE 1/10	13 Week 2 · Cardio & Core RPE 5/10	14 Week 2 · Active Recovery RPE 2/10	15 Week 3 · Strength A RPE 6/10
16 Week 3 · Cardio RPE 6/10	17 Week 3 · Mobility RPE 2/10	18 Week 3 · Strength B RPE 6/10	19 Week 3 · Complete Rest RPE 1/10	20 Week 3 · Cardio & Core RPE 6/10
21 Week 3 · Active Recovery RPE 2/10	22 Week 4 · Strength A RPE 6/10	23 Week 4 · Cardio RPE 6/10	24 Week 4 · Mobility RPE 2/10	25 Week 4 · Strength B RPE 6/10
26 Week 4 · Complete Rest RPE 1/10	27 Week 4 · Cardio & Core RPE 6/10	28 Week 4 · Active Recovery RPE 2/10	29 Week 5 · Strength A RPE 6/10	30 Week 5 · Cardio & Review RPE 6/10

Days 1-6

Complete session details

Week 1 • Strength A

Exercises Squats; incline push-ups; glute bridges; dead bugs

1

Dose
2 rounds: 12; 8; 12; 8/side

Rest
60 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Week 1 • Cardio

Exercises Brisk walk or indoor march at a talkable pace

2

Dose
20 min continuous

Rest
Pause as needed

Intensity
Easy-moderate · RPE 4/10

Week 1 • Mobility

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps; calf stretch

3

Dose
45 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Week 1 • Strength B

Exercises Split squats; towel rows; calf raises; side plank

4

Dose
2 rounds: 8/side; 10; 15; 15 sec/side

Rest
60 sec between rounds

Intensity
Moderate · RPE 5/10

Week 1 • Complete Rest

Exercises No planned exercise; optional short stroll

5

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Week 1 • Cardio & Core

Exercises Brisk walk; bird dogs; dead bugs

6

Dose
15 min walk + 2 rounds: 8/side; 8/side

Rest
50 sec between rounds

Intensity
Moderate · RPE 5/10

Days 7-12

Complete session details

Week 1 · Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

7

Dose
15 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Week 2 · Strength A

Exercises Squats; incline push-ups; glute bridges; dead bugs

8

Dose
3 rounds: 12; 8; 14; 8/side

Rest
60 sec between rounds

Intensity
Moderate · RPE 5/10

Week 2 · Cardio

Exercises Brisk walk with four faster sections

9

Dose
22 min total; 4 x 45 sec brisk

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 5/10

Week 2 · Mobility

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps; calf stretch

10

Dose
45 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Week 2 · Strength B

Exercises Split squats; towel rows; calf raises; side plank

11

Dose
3 rounds: 8/side; 12; 15; 15 sec/side

Rest
60 sec between rounds

Intensity
Moderate · RPE 5/10

Week 2 · Complete Rest

Exercises No planned exercise; optional short stroll

12

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Days 13-18

Complete session details

Week 2 · Cardio & Core

Exercises Brisk walk; bird dogs; dead bugs

13

Dose
16 min walk + 3 rounds: 8/side; 8/side

Rest
50 sec between rounds

Intensity
Moderate · RPE 5/10

Week 2 · Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

14

Dose
15 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Week 3 · Strength A

Exercises Squats; push-ups on floor or step; glute bridges; dead bugs

15

Dose
3 rounds: 14; 10; 16; 10/side

Rest
55 sec between rounds

Intensity
Moderate · RPE 6/10

Week 3 · Cardio

Exercises Brisk walk with five faster sections

16

Dose
24 min total; 5 x 45 sec brisk

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 6/10

Week 3 · Mobility

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps; calf stretch

17

Dose
50 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Week 3 · Strength B

Exercises Split squats; towel rows; calf raises; side plank

18

Dose
3 rounds: 10/side; 12; 18; 20 sec/side

Rest
55 sec between rounds

Intensity
Moderate · RPE 6/10

Days 19-24

Complete session details

Week 3 · Complete Rest

Exercises No planned exercise; optional short stroll

19

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Week 3 · Cardio & Core

Exercises Brisk walk; bird dogs; dead bugs; hollow hold

20

Dose
18 min walk + 3 rounds: 10/side; 10/side; 20 sec

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Week 3 · Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

21

Dose
18 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Week 4 · Strength A

Exercises Squats; push-ups on floor or step; glute bridges; dead bugs

22

Dose
3 rounds: 16; 12; 18; 12/side

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Week 4 · Cardio

Exercises Brisk walk with six faster sections

23

Dose
25 min total; 6 x 60 sec brisk

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 6/10

Week 4 · Mobility

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps; calf stretch

24

Dose
50 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Days 25-30

Complete session details

Week 4 · Strength B

Exercises Split squats; towel rows; calf raises; side plank

25

Dose
3 rounds: 12/side; 14; 20; 25 sec/side

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Week 4 · Complete Rest

Exercises No planned exercise; optional short stroll

26

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Week 4 · Cardio & Core

Exercises Brisk walk; bird dogs; dead bugs; hollow hold

27

Dose
20 min walk + 3 rounds: 12/side; 12/side; 25 sec

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Week 4 · Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

28

Dose
18 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Week 5 · Strength A

Exercises Squats; push-ups on floor or step; glute bridges; dead bugs

29

Dose
3 rounds: 16; 12; 18; 12/side

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Week 5 · Cardio & Review

Exercises Brisk walk with six faster sections; monthly review

30

Dose
25 min total; 6 x 60 sec brisk

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 6/10

Warm-up, modifications & progressions

WARM-UP BEFORE EVERY TRAINING DAY

Minute 1	March or step-touch in place	1 minute	Raise body temperature without rushing
Minute 2	Arm circles and shoulder rolls	1 minute	Free the shoulders and upper back
Minute 3	Hip circles and easy hip hinges	1 minute	Prepare hips and comfortable depth
Minute 4	Half-depth squats	1 minute	Mobilise ankles and lower legs
Minute 5	Faster march with arm swings	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Run every week at the Week 1 dose until it feels comfortable.

- Use wall or incline push-ups instead of floor push-ups.

- Hold a chair for balance during split squats.

- Cut walks to 12-15 minutes and keep the same weekly shape.

- Drop the fourth exercise from any strength day.

OPTIONAL PROGRESSIONS

- Move to the next week's dose only when the current one stays within the listed RPE.

- Add one round before adding repetitions.

- Add pickups to the cardio day one at a time.

- Repeat the four-week block with the Week 4 dose as the new Week 1.

- Progress only after every repetition stays steady and pain-free.

PRACTICAL MOVEMENT SUBSTITUTIONS

Floor work	Use a standing version or stable support
Lunges	Choose supported reverse toe taps or sit-to-stands
Brisk intervals	March comfortably with longer recovery

Weekly review & recovery

WEEK 1

Which sessions felt most approachable?

What will make next week easier?

WEEK 2

Where did technique improve?

Did the recovery days feel sufficient?

WEEK 3

What changed in energy or confidence?

Which modification worked best?

WEEK 4

What routine is worth continuing?

Choose one realistic next-month goal.

RECOVERY CHECKLIST

☐ Sleep routine

☐ Regular meals

☐ Water available

☐ Gentle movement

☐ Rest day protected

☐ No sharp pain

Finish safely. Keep moving forward.

SAFETY DISCLAIMER

This plan provides general fitness information, not medical advice. Consult a qualified health professional when appropriate. Stop for chest pain, faintness, unusual shortness of breath, or sharp or worsening pain. Results vary and no outcome is guaranteed.

30-DAY COMPLETION RECORD

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FINAL REFLECTION

The habit I am most proud of:

The movement I want to keep practising:

My realistic next step:

Ready for your next calendar?

Get more printable fitness calendars at [FitnessCalendars.com](#).