

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Always consult with your physician before starting any new exercise program!

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BOSS Walk+Jog

Advanced: 15 Minutes



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	1	2	3	4	5	6	7	8	9	10
Day 1					5.5	3.5	1	1		
Day 2					5	4	1.5	1.5		
Day 3					5.5	3.5	1	1	0.5	
Day 4					5.5	3.5	1	1.5	0.5	
Day 5					6	2.5	1.5	1.5	0.5	
Day 6					5.5	2.5	1	2	0.5	
Day 7					5	2	1	2	1	
Day 8					5	2	1	2	1	
Day 9					5	2	1	2	1	
Day 10					5	2	1	2	1	
Day 11					4.5	2.5	1	2.5	1	
Day 12					4.5	2.5	1	2.5	1.5	
Day 13					5	2	1	2.5	1.5	0.5
Day 14					5	1.5	0.5	2.5	1.5	0.5
Day 15					5	1.5	0.5	2.5	1.5	0.5
Day 16					5	1.5	0.5	2.5	1.5	0.5
Day 17					5	1.5	0.5	2.5	2	1
Day 18					5	1		2.5	2.5	1
Day 19					4.5	1		2.5	2.5	1
Day 20					5	1		2	2	1
Day 21					5	1		2	2	1
Day 22					5	1		2	2	1
Day 23					5	1		2	2	1
Day 24					5	1		2	2	1
Day 25					5	1		2	2	1

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BOSS Walk+Jog

Advanced: 30 Minutes



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	1	2	3	4	5	6	7	8	9	10
Day 1					11	6	2	2		
Day 2					10.5	5.5	2	2		
Day 3					10.5	5.5	2	2	0.5	
Day 4					10.5	5.5	2	2	0.5	
Day 5					10	5	2	3	1	
Day 6					10	5	2	3	1	
Day 7					11	5	2	3	1.5	
Day 8					11	4	2	3	1.5	
Day 9					11	4	2	4	2	
Day 10					11	4	2	4	2	
Day 11					10	4	2	4	2	
Day 12					9.5	3.5	1.5	3.5	2.5	0.5
Day 13					9.5	3.5	1.5	3.5	2.5	0.5
Day 14					9.5	3.5	1	3.5	2.5	1
Day 15					9.5	2.5	1	3.5	3.5	1
Day 16					10	2.5	0.5	3.5	3.5	1
Day 17					10	2.5	0.5	3.5	3.5	1.5
Day 18					9.5	2		3.5	3.5	2
Day 19					10	2		4	4	2
Day 20					11	2		4	4	2
Day 21					11	2		4	4	2
Day 22					11	2		4	4	2
Day 23					11	2		4	4	2
Day 24					11	2		4	4	2
Day 25					11	2		4	4	2

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BOSS Walk+Jog

Advanced: 45 Minutes



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	1	2	3	4	5	6	7	8	9	10
Day 1					18	10.5	3.5	3.5		
Day 2					17.5	10	4	4		
Day 3					17.5	10	4	4	0.5	
Day 4					17	9	3.5	4.5	1	
Day 5					17.5	8	3.5	5	1.5	
Day 6					17.5	8	3.5	4.5	2	
Day 7					16.5	8	3.5	5.5	2.5	
Day 8					17	7.5	3.5	5.5	2	
Day 9					16.5	6.5	3	6.5	3	
Day 10					16.5	6.5	3	6.5	3	
Day 11					16.5	6	3.5	6	3.5	
Day 12					17	6	2.5	6	3.5	0.5
Day 13					17	5	2.5	6	4	1
Day 14					16	5	2	6.5	5	1.5
Day 15					16	5	1.5	6.5	5	1.5
Day 16					16.5	4	1	6.5	5	2.5
Day 17					16.5	4	1	6.5	5	2.5
Day 18					16.5	3		7	7	3
Day 19					16.5	3.5		6	6	3.5
Day 20					16.5	3		6.5	6.5	3
Day 21					16.5	3		6.5	6.5	3
Day 22					16.5	3		6.5	6.5	3
Day 23					16.5	3		6.5	6.5	3
Day 24					16.5	3		6.5	6.5	3
Day 25					16.5	3		6.5	6.5	3

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BOSS Walk+Jog

Advanced: 1 Hour



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	1	2	3	4	5	6	7	8	9	10
Day 1					24.5	15	5.5	5.5		
Day 2					25	15	5	5		
Day 3					24	14	6	6	1	
Day 4					23.5	13.5	5.5	7	1.5	
Day 5					23.5	12.5	5.5	7	2.5	
Day 6					23	11.5	5.5	7.5	3.5	
Day 7					23.5	11	5.5	7.5	3.5	
Day 8					22.5	10.5	5	8.5	4	
Day 9					23.5	9.5	5	8.5	4	
Day 10					23	9	5	9	5	
Day 11					23	9	4.5	9	4.5	
Day 12					22.5	8	4.5	9	5.5	0.5
Day 13					22	8.5	3.5	9.5	6	1.5
Day 14					21.5	7	3.5	9	7	2.5
Day 15					22.5	7.5	2.5	8.5	7.5	2.5
Day 16					23	6	1.5	8.5	7.5	4
Day 17					23	5	1	9	9	4
Day 18					22.5	5		9	9	5
Day 19					23	4.5		9	9	4.5
Day 20					23	5		9	9	5
Day 21					23	5		9	9	5
Day 22					23	5		9	9	5
Day 23					23	5		9	9	5
Day 24					23	5		9	9	5
Day 25					23	5		9	9	5

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BOSS Walk+Jog

Advanced: 1:15 Hours



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	1	2	3	4	5	6	7	8	9	10
Day 1					32.5	19	7	7		
Day 2					33.5	19	6.5	6.5		
Day 3					32	18.5	6.5	7.5	1	
Day 4					31.5	16.5	7	8.5	2	
Day 5					31.5	16.5	7	8.5	2.5	
Day 6					31	15	7	9	3.5	
Day 7					30.5	14	6.5	10	4.5	
Day 8					30	13	6.5	11	5.5	
Day 9					30.5	12.5	6.5	10.5	5.5	
Day 10					30	11.5	6.5	11.5	6.5	
Day 11					29.5	12	6	12	6	
Day 12					30	11	6	11	7	1
Day 13					30.5	10	5	11	7.5	1.5
Day 14					29.5	10	4	11	8.5	2.5
Day 15					30	9	2.5	11.5	9	4
Day 16					29.5	8	2	11.5	10.5	4
Day 17					30	6.5	1	12	10.5	5.5
Day 18					29.5	6.5		11.5	11.5	6.5
Day 19					30.5	6		11.5	11.5	6
Day 20					30	6.5		11.5	11.5	6.5
Day 21					30	6.5		11.5	11.5	6.5
Day 22					30	6.5		11.5	11.5	6.5
Day 23					30	6.5		11.5	11.5	6.5
Day 24					30	6.5		11.5	11.5	6.5
Day 25					30	6.5		11.5	11.5	6.5

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Advanced: 1:30 Hours



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	1	2	3	4	5	6	7	8	9	10
Day 1					40	24	8	8		
Day 2					40	24.5	8	8		
Day 3					40	22.5	7.5	9	1.5	
Day 4					39	22	7.5	10	2.5	
Day 5					38.5	20	8	10.5	3.5	
Day 6					38	18.5	8	11.5	4.5	
Day 7					38	18	8	12.5	4.5	
Day 8					37.5	16.5	8	13.5	5.5	
Day 9					37	16	7.5	14	6.5	
Day 10					36.5	14.5	7.5	14.5	7.5	
Day 11					37	14.5	7.5	14.5	7.5	
Day 12					36.5	13.5	6	14.5	8.5	1
Day 13					37	12.5	5	15	8.5	2.5
Day 14					36.5	11.5	5	15	10	2.5
Day 15					37	10.5	4	14	11.5	4
Day 16					36.5	9	2.5	14.5	13	5.5
Day 17					37	8	1.5	14.5	13	6.5
Day 18					36.5	7		15	15	7
Day 19					37	7.5		14.5	14.5	7.5
Day 20					36.5	7.5		14.5	14.5	7.5
Day 21					36.5	7.5		14.5	14.5	7.5
Day 22					36.5	7.5		14.5	14.5	7.5
Day 23					36.5	7.5		14.5	14.5	7.5
Day 24					36.5	7.5		14.5	14.5	7.5
Day 25					36.5	7.5		14.5	14.5	7.5

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