

# 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!**

# BOSS Jog

Beginner: 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	4.5	1				
Day 2				5	5	1.5				
Day 3				5	5	1.5	0.5			
Day 4				5	5	1.5	0.5			
Day 5				4.5	4.5	2	0.5			
Day 6				3.5	5	2.5	0.5			
Day 7				3.5	4.5	2.5	1			
Day 8				3.5	4.5	2.5	1			
Day 9				2.5	5	2.5	1.5			
Day 10				2.5	4.5	3.5	1			
Day 11				2.5	5	2.5	1.5			
Day 12				2	5.5	2.5	1.5			
Day 13				1.5	5.5	2.5	1.5	0.5		
Day 14				1.5	5.5	2.5	1.5	0.5		
Day 15				1	5.5	2.5	1.5	1		
Day 16				1	5.5	3	2	1		
Day 17				0.5	5.5	2.5	2	1		
Day 18					5	2.5	2.5	1		
Day 19					4.5	3.5	2.5	1		
Day 20					5	3	2	1		
Day 21					5	3	2	1		
Day 22					5	3	2	1		
Day 23					5	3	2	1		
Day 24					5	3	2	1		
Day 25					5	3	2	1		

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# BOSS Jog

Beginner: 30 Minutes



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1				11	8	2				
Day 2				10.5	7.5	2				
Day 3				10	8	2.5	0.5			
Day 4				9	7.5	3.5	0.5			
Day 5				8.5	7.5	3.5	1			
Day 6				7.5	8.5	3.5	1			
Day 7				6.5	8.5	4.5	1.5			
Day 8				5.5	9	4.5	1.5			
Day 9				5	8	5	2			
Day 10				4.5	8.5	5.5	2			
Day 11				5	8.5	5	2.5			
Day 12				4	8.5	5	2.5	0.5		
Day 13				4	8.5	5	2.5	0.5		
Day 14				2.5	9	6	2.5	1		
Day 15				1.5	9	5.5	3.5	1		
Day 16				1	9	5.5	3.5	1		
Day 17				0.5	9	6	3.5	1.5		
Day 18					9.5	5.5	3.5	2		
Day 19					10	5	4	2		
Day 20					11	6	4	2		
Day 21					11	6	4	2		
Day 22					11	6	4	2		
Day 23					11	6	4	2		
Day 24					11	6	4	2		
Day 25					11	6	4	2		

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# BOSS Jog

Beginner: 45 Minutes



	<i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Day 1				18	13.5	3.5				
Day 2				17.5	14	4				
Day 3				16.5	14	4	1			
Day 4				15.5	14	5	1			
Day 5				14	14	6.5	1.5			
Day 6				13	14	6.5	2			
Day 7				11	14.5	7.5	2.5			
Day 8				10	14.5	8.5	2.5			
Day 9				8.5	14.5	8.5	3.5			
Day 10				7.5	14.5	10	3.5			
Day 11				7	15	9.5	4			
Day 12				7	15	9.5	4	0.5		
Day 13				5.5	15	9.5	4	1		
Day 14				4	15	9.5	5.5	1.5		
Day 15				3	16	9.5	5.5	2		
Day 16				2	16	9.5	5.5	3		
Day 17				1	16.5	9.5	5.5	3		
Day 18					16.5	9.5	7	3		
Day 19					16.5	9.5	6	3.5		
Day 20					16.5	9.5	6.5	3		
Day 21					16.5	9.5	6.5	3		
Day 22					16.5	9.5	6.5	3		
Day 23					16.5	9.5	6.5	3		
Day 24					16.5	9.5	6.5	3		
Day 25					16.5	9.5	6.5	3		

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# BOSS Jog

Beginner: 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				25	19.5	5.5				
Day 2				25	20	5				
Day 3				23.5	20	6.5	1			
Day 4				21.5	20	7	1.5			
Day 5				19	20.5	8.5	2.5			
Day 6				17.5	20	9.5	3.5			
Day 7				15.5	20.5	11	3.5			
Day 8				14	21	10.5	5			
Day 9				12	21.5	12	5			
Day 10				10.5	21	13	6			
Day 11				10.5	21	13.5	5.5			
Day 12				9	21	13	6.5	1		
Day 13				8	21	13.5	6.5	1.5		
Day 14				6.5	21.5	12.5	7.5	2.5		
Day 15				4	22.5	13.5	8	3		
Day 16				2.5	22	14	8	4		
Day 17				1.5	22.5	14	9	4		
Day 18					22.5	14	9	5		
Day 19					23	14	9	4.5		
Day 20					23	14	9	5		
Day 21					23	14	9	5		
Day 22					23	14	9	5		
Day 23					23	14	9	5		
Day 24					23	14	9	5		
Day 25					23	14	9	5		

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# BOSS Jog

Beginner: 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	26	7				
Day 2				33.5	25.5	6.5				
Day 3				30.5	26.5	7.5	1			
Day 4				27.5	26	10	2			
Day 5				25	26.5	11.5	2.5			
Day 6				22	27	12.5	4			
Day 7				20.5	26.5	13.5	5			
Day 8				18	26.5	14.5	6			
Day 9				16	28	16	6			
Day 10				13.5	28	17	7.5			
Day 11				14	28	16.5	7			
Day 12				11	28	17	8.5	1		
Day 13				9.5	28.5	17.5	8	2		
Day 14				8	28	17.5	9.5	3		
Day 15				5.5	29.5	17.5	9.5	4		
Day 16				4	29.5	17.5	10.5	4		
Day 17				2	29.5	17.5	11	5.5		
Day 18					30	17	12	6.5		
Day 19					30.5	17.5	11.5	6		
Day 20					30	17.5	11.5	6.5		
Day 21					30	17.5	11.5	6.5		
Day 22					30	17.5	11.5	6.5		
Day 23					30	17.5	11.5	6.5		
Day 24					30	17.5	11.5	6.5		
Day 25					30	17.5	11.5	6.5		

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# BOSS Jog

Beginner: 1:30 Hours



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1				40	32	8				
Day 2				40	32.5	8				
Day 3				37	32	10.5	1.5			
Day 4				34	32.5	11.5	2.5			
Day 5				31	32	13.5	4			
Day 6				28.5	32	15	5			
Day 7				24.5	33.5	17.5	5			
Day 8				22.5	33.5	18.5	6.5			
Day 9				19	33.5	20.5	7.5			
Day 10				17	33.5	21.5	8.5			
Day 11				16.5	34	22	8.5			
Day 12				15	33.5	21.5	9.5	1		
Day 13				12.5	34	22	9.5	3		
Day 14				9.5	35.5	22	11	3		
Day 15				7	35.5	22	12.5	4		
Day 16				5.5	35	21.5	13.5	5.5		
Day 17				3	36	21.5	13.5	7		
Day 18					36.5	22	15	7		
Day 19					36.5	22.5	14	7		
Day 20					36.5	22	14.5	7.5		
Day 21					36.5	22	14.5	7.5		
Day 22					36.5	22	14.5	7.5		
Day 23					36.5	22	14.5	7.5		
Day 24					36.5	22	14.5	7.5		
Day 25					36.5	22	14.5	7.5		

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