

# 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 Jog

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

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# BOSS Jog

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

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# BOSS Jog

Intermediate: 45 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					18	13.5	3.5			
Day 2					17.5	14	4			
Day 3					17.5	13.5	4	0.5		
Day 4					16	13.5	5	1		
Day 5					15	14	5	1.5		
Day 6					15	13.5	5	2		
Day 7					13	14	6	2.5		
Day 8					12	14.5	6	2.5		
Day 9					11.5	13.5	7	3.5		
Day 10					10.5	14	7	3.5		
Day 11					10.5	14.5	6.5	4		
Day 12					9.5	13.5	8	4	0.5	
Day 13					9.5	13	8	4	1	
Day 14					9	12	8	5.5	1.5	
Day 15					8	12	8	5.5	2	
Day 16					8	10.5	9	5.5	2.5	
Day 17					7	11	9.5	5.5	3	
Day 18					7	9.5	9.5	7	3	
Day 19					6	10	10	6	3.5	
Day 20					6.5	9.5	9.5	6.5	3.5	
Day 21					6.5	9.5	9.5	6.5	3.5	
Day 22					6.5	9.5	9.5	6.5	3.5	
Day 23					6.5	9.5	9.5	6.5	3.5	
Day 24					6.5	9.5	9.5	6.5	3.5	
Day 25					6.5	9.5	9.5	6.5	3.5	

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# BOSS Jog

Intermediate: 1 Hour



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

	1	2	3	4	5	6	7	8	9	10
Day 1					25	19.5	5.5			
Day 2					25	20	5			
Day 3					24	19.5	6	1		
Day 4					22	20	7	1.5		
Day 5					21	20	7	2.5		
Day 6					19.5	19.5	8	3.5		
Day 7					18.5	20	8.5	3.5		
Day 8					17.5	19.5	9	4.5		
Day 9					17	20	9	4.5		
Day 10					15.5	19.5	10	5.5		
Day 11					15	20	10	5		
Day 12					15	18.5	10	6.5	0.5	
Day 13					14	17.5	11.5	6.5	1.5	
Day 14					12.5	17	11	7.5	2.5	
Day 15					11.5	16.5	12.5	7.5	2.5	
Day 16					11.5	15	12.5	7.5	4	
Day 17					10	15	12.5	9	4	
Day 18					9	14	14	9	5	
Day 19					9	14	14	9	4.5	
Day 20					9	14	14	9	5	
Day 21					9	14	14	9	5	
Day 22					9	14	14	9	5	
Day 23					9	14	14	9	5	
Day 24					9	14	14	9	5	
Day 25					9	14	14	9	5	

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# BOSS Jog

Intermediate: 1:15 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					32.5	26	7			
Day 2					33.5	25.5	6.5			
Day 3					31	26	7.5	1		
Day 4					29.5	25.5	8.5	2		
Day 5					27.5	26.5	9	2.5		
Day 6					25.5	26.5	10	3.5		
Day 7					24	26	11	5		
Day 8					22	25.5	11.5	6		
Day 9					21	27	11.5	6		
Day 10					19.5	26.5	12.5	7		
Day 11					19.5	26	13	6.5		
Day 12					18.5	25	13	8	1	
Day 13					17.5	24	14.5	8	2	
Day 14					16	22.5	14.5	9.5	3	
Day 15					14.5	21.5	16	9.5	4	
Day 16					13.5	20.5	16.5	11	4	
Day 17					12.5	19	17.5	11	5.5	
Day 18					12	17.5	17.5	12	7	
Day 19					12	18	18	12	6	
Day 20					11.5	18	18	11.5	6.5	
Day 21					11.5	18	18	11.5	6.5	
Day 22					11.5	18	18	11.5	6.5	
Day 23					11.5	18	18	11.5	6.5	
Day 24					11.5	18	18	11.5	6.5	
Day 25					11.5	18	18	11.5	6.5	

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# BOSS Jog

Intermediate: 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					38	32	9	1.5		
Day 4					36	32	10	2.5		
Day 5					33.5	32	11	4		
Day 6					31.5	31.5	12	5		
Day 7					30	32.5	13.5	5		
Day 8					28.5	32	14	6		
Day 9					25.5	32.5	15	7		
Day 10					24	32	16	8		
Day 11					23.5	33	16	8		
Day 12					22.5	30.5	17	9.5	1	
Day 13					21.5	29.5	17.5	9.5	3	
Day 14					20	28	19	11	3	
Day 15					18.5	26.5	20	12	4	
Day 16					17	25	20	13	5.5	
Day 17					16	23.5	21	13	6.5	
Day 18					15	22	22	15	7	
Day 19					14	22.5	22.5	14	7	
Day 20					14.5	22	22	14.5	7.5	
Day 21					14.5	22	22	14.5	7.5	
Day 22					14.5	22	22	14.5	7.5	
Day 23					14.5	22	22	14.5	7.5	
Day 24					14.5	22	22	14.5	7.5	
Day 25					14.5	22	22	14.5	7.5	

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