MODULE 4 TOOLKIT · WEEKLY MOVEMENT PLAN

A week that actually happens.

Three real example weeks, a planner you fill in yourself, a ten minute version for the weeks that fall apart, and a twelve week log for your strength sessions. Use it alongside the movement starter.

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THE TARGET

What a full week includes

What	How much	What counts
Strength	2 sessions a week, not on consecutive days	Session A and Session B from the movement starter. UK guidance is muscle strengthening on at least two days a week.[1]
Aerobic	150 minutes a week at moderate effort, or 75 minutes vigorous[1]	Moderate means you can talk but not sing: brisk walking, cycling, swimming, dancing. It can be split into ten minute blocks.
Balance	A few minutes, most days	The balance ladder after strength sessions. Standing on one leg while the kettle boils on the other days.
Impact for bone	Most days, built up gradually	Heel drops, small jumps, stair climbing, brisk walking. See the movement starter, and check first if you have osteoporosis or pelvic floor symptoms.[2]
Less sitting	Break it up	Stand up and move for a couple of minutes every hour or so, particularly if you work from home.

WHY YOU WRITE IT DOWN AS AN IF, THEN PLAN

A specific plan attached to something you already do works better than an intention. Not "I will train more", but "on Tuesday at 7.00, after I make my coffee, I do Session A in the living room". This is called an implementation intention, and it is one of the better evidenced tools for closing the gap between meaning to and doing.[3] Habits take time: in one study the median time for a new behaviour to feel automatic was around 66 days, with a very wide range.[4] If week six still takes effort, that is normal.

EXAMPLES

Three real weeks

These are illustrations of how the target fits into different lives. Take whichever is closest to yours and change it.

1 · Full time job, family at home

Day	Plan, attached to an existing routine	Minutes	Notes
Mon	Brisk walk at lunch, straight after eating	20	Phone in pocket, not in hand
Tue	7.00, after coffee: Session A at home	40	Dumbbells left out the night before
Wed	Walk the long way from the station both ways	30	Heel drops while the kettle boils
Thu	Brisk walk at lunch	20	Balance while brushing teeth
Fri	Rest, or a gentle stretch before bed	0	
Sat	9.00, before anyone needs a lift: Session B, then a walk in the park	40 + 30	Gym or home
Sun	Family bike ride or swim	45	
Week	**2 strength sessions, aerobic 145 minutes**	**225**	**Aerobic close to 150. Strength done.**

2 · Starting from scratch, tired, sleep is poor

Day	Plan, attached to an existing routine	Minutes	Notes
Mon	After the school run or the commute: 10 minute walk	10	
Tue	Before dinner: the ten minute session on page 4	10	Counts as a strength day
Wed	10 minute walk	10	Balance while the kettle boils
Thu	Rest	0	
Fri	Before dinner: the ten minute session	10	Counts as a strength day
Sat	Walk somewhere you enjoy	20	
Sun	10 minute walk	10	

Week	**2 short strength days, aerobic 60 minutes**	**70**	**A start, not a failure. Add 5 minutes to each walk every week. Move to the full Session A and B by week 3 or 4.**

3 · Already a runner or walker, adding strength

Day	Plan, attached to an existing routine	Minutes	Notes
Mon	Easy run or brisk walk	30	Balance ladder afterwards
Tue	Session A	40	
Wed	Run or walk with some faster efforts	40	
Thu	Rest	0	
Fri	Session B	40	Keep heavy leg work away from the day before your long run
Sat	Rest or gentle walk	20	
Sun	Long run or long walk	60 to 90	
Week	**2 strength sessions, aerobic 150 to 180 minutes**	**230 to 260**	**Running is good loading for bone but it is not comprehensive. The strength sessions fill the gap.**

YOUR WEEK

Fill this in

Write the plan as "when, after what, I do what". Tick it off. Copy the page, or print a few, and plan each week on Sunday evening.

Day	When	After I…	I do…	Mins	Done
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Plan for the obstacles now, not on the day

If…	Then I will…
If I miss my strength session	
If I am exhausted after a bad night	Do the ten minute session instead, or a walk. Something, not nothing.
If it is raining	
If I have a hot flush mid session	Take a layer off, sip cold water, carry on when ready.
If my joints are stiff in the morning	Warm up for longer. Stiffness that eases with movement is common in perimenopause.

WHEN TO STOP AND GET CHECKED

Joint pain that is new, severe, swollen, or mainly in one joint needs assessment rather than pushing through. So do chest pain, dizziness or breathlessness that is out of proportion to the effort.

THE BAD WEEK VERSION

Ten minutes, no equipment

For the weeks when the full session is not going to happen. Two rounds, about 45 seconds rest between exercises. It counts as a strength day, and it keeps the habit alive, which matters more than any single session.

#	Exercise	Each round	Make it harder by
1	Sit to stand from a chair	12	Holding something heavy against your chest
2	Incline press up on the worktop	10	A lower surface
3	Glute bridge	15	A two second pause at the top
4	Row with a filled backpack or shopping bag	10 each arm	Adding weight to the bag
5	Step up onto the bottom stair	10 each leg	A slower step down
6	Stand on one leg next to the worktop	30 seconds each	Turning your head slowly

TRACK IT

Twelve week log

After each strength session, write the weight and repetitions for the main lifts, for example **8 kg · 3×10**. Watching the numbers move is one of the most motivating parts of the whole programme.

Week	A1 Squat	A2 Push	A3 Hinge	A4 Pull	B1 Split squat	B3 Press	B4 Pull down
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Also worth noting, once a week: how you slept, your energy, your mood, and any hot flushes. Several women notice changes there before they notice them in the mirror.

References

1. UK Chief Medical Officers. Physical Activity Guidelines. Department of Health and Social Care, 2019.
2. Brooke-Wavell K, Skelton DA, Barker KL, et al. Strong, steady and straight: UK consensus statement on physical activity and exercise for osteoporosis. Br J Sports Med. 2022;56:837 to 846.
3. Gollwitzer PM, Sheeran P. Implementation intentions and goal achievement: a meta analysis of effects and processes. Adv Exp Soc Psychol. 2006;38:69 to 119.
4. Lally P, van Jaarsveld CHM, Potts HWW, Wardle J. How are habits formed: modelling habit formation in the real world. Eur J Soc Psychol. 2010;40:998 to 1009.

IMPORTANT NOTICE

This is general educational content from Navigare. It is not medical advice or a personalised exercise prescription. If you have a medical condition, an injury, osteoporosis, a heart condition or pelvic floor symptoms, get individual advice before increasing your activity. Stop and seek medical help if you experience chest pain, dizziness, faintness or sudden severe pain.