

Perimenopause Workout Plan

A weekly strength schedule for women 35–55: three strength sessions, one short interval day, and plenty of walking and recovery. Repeat the week; progress one thing at a time.

YOUR WEEK

DAY	FOCUS	TIME	NOTES
Day 1	Lower body strength	40–55 min	Squat pattern + hinge accessory
Day 2	Active recovery	30–45 min	Brisk walk + mobility
Day 3	Upper body strength	40–55 min	Push / pull + carries
Day 4	Intervals	12–18 min	Bike, row or run as tolerated
Day 5	Full body strength	40–55 min	Single-leg + posterior chain + core
Day 6	Long movement	45–60 min	Walk, hike or easy ride
Day 7	Recovery	20–30 min	Mobility, breathwork, light yoga

DAY 4

Intervals

5 min easy, then 3–5 × 20 s hard (bike, rower or run) with 2–3 min easy between. Finish with 3 min easy. Short bursts, full recovery.

DAYS 2 & 6

Walks and long movement

A brisk walk most days — after meals if you can. Day 6 is longer: a hike, an easy ride, anything you enjoy.

DAY 7

Recovery

10–20 min of mobility, breathwork or light yoga. Recovery is part of the plan.

HOW HARD IS HARD ENOUGH?

RIR 3

You could do 3 more reps. Steady, controlled.

RIR 2

2 more reps left. Hard, but your form holds.

RIR 0–1

At or near failure. Not needed in this plan.

WEEK TO WEEK

- Progress one thing at a time: when you hit the top of the rep range at the target RIR, add a little weight next week.
- Bad night or a rough symptom day? Aim for RIR 4, drop a set, or swap the session for a walk.
- Every 4–6 weeks, take a lighter week: same exercises, about half the sets.

Day 1: Lower body strength

40–55 min

Warm-up (5–8 min): 2–3 min easy bike, row or brisk walk · Cat–cow × 5 · World's greatest stretch × 3/side · Glute bridge × 10 · Bodyweight squat × 8 (pause 2 s at the bottom)

EXERCISE	SETS × REPS	EFFORT	REST	EASIER OPTION
Goblet squat or back squat	4 × 6–8	RIR 2–3	2–3 min	Box squat to a bench
Romanian deadlift (dumbbells or barbell)	3 × 8–10	RIR 2–3	90 s	Kettlebell deadlift from a step
Reverse lunge	3 × 8/side	RIR 3	90 s	Split squat, holding a support
Hip thrust	3 × 10	RIR 2	60 s	Glute bridge on the floor
Dead bug	3 × 6/side	Slow and controlled	45 s	Heel taps only

Cooldown: Kneeling hip–flexor stretch 30 s/side · Figure–4 glute stretch 30 s/side

LOG: WEIGHT USED

Exercise	Week 1	Week 2	Week 3	Week 4
Goblet squat or back squat				
Romanian deadlift (dumbbells or barbell)				
Reverse lunge				
Hip thrust				
Dead bug				

Day 3: Upper body strength

40–55 min

Warm-up (5–8 min): 2–3 min easy bike, row or brisk walk · Cat-cow × 5 · Scapular push-up × 8–10 · Band pull-apart × 15

EXERCISE	SETS × REPS	EFFORT	REST	EASIER OPTION
Dumbbell bench press	4 × 6–8	RIR 2–3	2 min	Incline push-up
Half-kneeling single-arm row	4 × 8–10/side	RIR 3	90 s	Band row
Half-kneeling dumbbell overhead press	3 × 8/side	RIR 2–3	90 s	Seated dumbbell press
Lat pulldown	3 × 8–10	RIR 2–3	90 s	Band pulldown
Farmer's carry	3 × 30–40 m	Heavy, tall posture	60–90 s	Lighter weights, shorter distance

Cooldown: Doorway chest stretch 30 s/side · Child's pose with lat stretch 30 s

LOG: WEIGHT USED

Exercise	Week 1	Week 2	Week 3	Week 4
Dumbbell bench press				
Half-kneeling single-arm row				
Half-kneeling dumbbell overhead press				
Lat pulldown				
Farmer's carry				

Day 5: Full body strength

40–55 min

Warm-up (5–8 min): 2–3 min easy bike, row or brisk walk · Cat-cow × 5 · World's greatest stretch × 3/side · Glute bridge × 10 · Bodyweight squat × 8 (pause 2 s at the bottom)

EXERCISE	SETS × REPS	EFFORT	REST	EASIER OPTION
Trap-bar or dumbbell deadlift	4 × 5–6	RIR 2–3	2–3 min	Kettlebell deadlift from a step
Bulgarian split squat	3 × 8/side	RIR 2–3	90 s	Step-up to a low box
Push-up	3 × 6–10	RIR 2	60–90 s	Incline push-up
Chest-supported dumbbell row	3 × 10	RIR 2	60 s	Band row
Pallof press	3 × 10/side	Slow and controlled	45 s	Pallof hold, 15 s/side
Finisher: sled push (optional)	2–3 rounds	RPE 7	90 s	3 min brisk incline walk

Cooldown: Half-kneeling hamstring stretch 30 s/side · Supine breathing × 5 breaths

LOG: WEIGHT USED

Exercise	Week 1	Week 2	Week 3	Week 4
Trap-bar or dumbbell deadlift				
Bulgarian split squat				
Push-up				
Chest-supported dumbbell row				
Pallof press				
Finisher: sled push (optional)				