

KILOPACE

TRAINING JOURNAL NO. 04

OCTOBER 19, 2026

Your GLP-1 muscle-protection journal

Protect your muscle while the dose goes up

110 g

PROTEIN

20 g × 5

PROTEIN PER MEAL

25–30 g

FIBRE

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

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Calculated from your answers. These are the numbers the whole plan is built on.

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CHAPTER 01

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

YOUR NUMBERS

Protect your muscle while the dose goes up

110 g

PROTEIN

20 g × 5

PROTEIN PER MEAL

25–30 g

FIBRE

3.2 L

FLUIDS

3 × per week

STRENGTH TRAINING

5,000

DAILY STEPS

8,000

BEFORE YOU START

This plan works alongside your prescriber's advice, never instead of it. Ask them before changing medication, food or exercise if you are unsure.

General fitness information, not medical advice. Stop and seek help if you feel chest pain, dizziness or sharp pain.

POCKET CARD

KILOPACE

Protein: 110 g

Protein per meal: 20 g × 5

Fibre: 25–30 g

Fluids: 3.2 L

Strength training: 3 × per week

Daily steps: 5,000 → 8,000

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Strength going up while weight comes down is the clearest sign you are keeping muscle.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Hit your protein before anything else; it is the number that matters most.
- 02 Two strength sessions a week is the minimum; three is better.
- 03 Track your waist and strength, not only the scale. Losing fat while keeping strength is the goal.
- 04 On days with side effects, a 20-minute walk and protein drinks are enough.
- 05 Bring this journal to appointments; the logs help your prescriber.

“Spread protein evenly; 25–35 g at a time is better used than one big meal.”

COACHING NOTES

- Strength going up while weight comes down is the clearest sign you are keeping muscle.
- Drink between meals rather than with them if you feel full quickly.
- Sleep and steps matter as much as the gym for keeping energy up.
- Weight loss slows after a few months; that is expected, not failure.
- Muscle you build now is what keeps your metabolism and strength up if you stop the medication.

CHAPTER 03

The programme

Protect your muscle while the dose goes up

01

Why this matters

In the large trials of semaglutide and tirzepatide, a meaningful share of the weight lost was lean mass. Strength training and enough protein are the two levers that best protect it.

Your protein target is based on an adjusted body weight of 73 kg, which is how clinicians set protein when body weight is high.

02

The protein-first plate

- Eat the protein part of the meal first, while your appetite is still there.
- Then vegetables or salad, then the carbohydrate if you still have room.
- Small meals every 3–4 hours work better than two big ones when appetite is low.
- When solid food feels too much, use a protein drink: milk, kefir, a yoghurt smoothie or a shake.

03

Easy protein portions

FOOD	PORTION → PROTEIN
Greek yoghurt	200 g → 20 g
Eggs	3 eggs → 19 g
Chicken breast, cooked	100 g → 31 g
Tinned tuna	1 tin (110 g) → 28 g
Cottage cheese	150 g → 17 g
Lentils, cooked	200 g → 18 g
Milk or kefir	500 ml → 17 g
Tofu, firm	150 g → 25 g

04

12-week strength progression · Workout A

WEEKS	PHASE	EXERCISE	SETS × REPS	EFFORT (RPE)
1–4	Foundation	Leg press	2 × 10–12	6
		Chest press machine	2 × 10–12	6
		Seated cable row	2 × 10–12	6
		Farmer carry	2 × 10–12	6
5–8	Strength	Leg press	3 × 8–10	7
		Chest press machine	3 × 8–10	7
		Seated cable row	3 × 8–10	7
		Farmer carry	3 × 8–10	7
9–12	Strength	Leg press	3 × 8–10	7
		Chest press machine	3 × 8–10	7
		Seated cable row	3 × 8–10	7
		Farmer carry	3 × 8–10	7

05

12-week strength progression · Workout B

WEEKS	PHASE	EXERCISE	SETS × REPS	EFFORT (RPE)
1–4	Foundation	Romanian deadlift	2 × 10–12	6
		Split squat	2 × 10–12	6
		Shoulder press machine	2 × 10–12	6
		Pallof press	2 × 10–12	6
5–8	Strength	Romanian deadlift	3 × 8–10	7
		Split squat	3 × 8–10	7
		Shoulder press machine	3 × 8–10	7
		Pallof press	3 × 8–10	7
9–12	Strength	Romanian deadlift	3 × 8–10	7

WEEKS	PHASE	EXERCISE	SETS × REPS	EFFORT (RPE)
		Split squat	3 × 8–10	7
		Shoulder press machine	3 × 8–10	7
		Pallof press	3 × 8–10	7

06

Your side effects

- Nausea: small, cold or room-temperature meals; avoid greasy food; stop eating at the first sign of fullness.
- Constipation: raise fibre slowly, drink more, walk after meals; talk to your pharmacist if it lasts more than a few days.

07

While the dose goes up

Appetite usually drops after each dose increase. Plan protein-rich small meals for those days.

08

Technique library

Every movement in your plan, with the cues coaches use. Read it once before week 1, then come back whenever a lift feels off.

EXERCISE	CUES
Split squat	Long split stance, back heel up, hands on hips or holding weights · Drop the back knee straight down, front shin near vertical · Don't let the front knee cave inwards or push off the back foot
Farmer carry	Heavy weight in each hand, stand tall, shoulders back and down · Walk with short, quick steps, breathe steadily, grip hard · Don't lean or let the weights swing
Pallof press	Stand side-on to a cable or band at chest height, feet hip-width · Press the handle straight out and hold, resisting the twist · Don't rotate towards the anchor or hold your breath
Leg press	Back flat on the pad, feet hip-width mid-platform · Lower until knees are near 90°, push through the whole foot · Don't lock the knees hard at the top or let the hips lift off the seat
Chest press machine	Set the seat so handles line up with mid-chest, shoulder blades back · Press out smoothly, return slowly until you feel a light chest stretch · Don't let the shoulders roll forward at the end

EXERCISE	CUES
Seated cable row	Sit tall, knees soft, chest up · Pull the handle to your lower ribs, elbows close, squeeze shoulder blades · Don't rock back and forth to create momentum
Romanian deadlift	Hold the bar at hip height, shoulder-width grip, soft knees · Push hips back, keep the bar against your legs, stop at mid-shin · Don't round the back or let the bar drift away from the body
Shoulder press machine	Set the seat so handles start at shoulder height, back on the pad · Press up smoothly, lower slowly to the start · Don't arch the back or shrug the shoulders to the ears

09

If this happens, do this

If you feel nauseous on training days	Then eat a small, bland, low-fat snack 60–90 minutes before, train lighter around dose day, and tell your prescriber if it persists
If you can't eat enough protein	Then use small, frequent protein portions: yoghurt, shakes, eggs, fish; aim for protein first at every meal
If you feel weak, dizzy or light-headed	Then stop the session, drink fluids with electrolytes, eat something, and contact your doctor if it happens again
If you are constipated	Then build fibre up slowly, drink more water, walk daily, and ask your pharmacist or doctor before using laxatives
If strength is dropping as weight falls	Then keep the strength sessions non-negotiable, raise protein, and avoid extra cardio that eats into recovery
If weight loss stalls	Then keep training, check protein and step count, and talk to your prescriber before changing your dose; plateaus are normal

10

Glossary

RPE	Rate of perceived exertion: how hard a set feels on a 1–10 scale. 10 is all-out, 7 means about three more reps were possible.
Reps in reserve	How many more good reps you could have done when you stopped the set. RIR 2 ≈ RPE 8.
3 × 8–10	Three sets of 8 to 10 repetitions each. Pick a weight that lets you reach the range with good form.
Deload	A lighter week with less volume or load, usually every 4–6 weeks, so the body can recover and adapt.

Progressive overload	Gradually making training harder over time, with more weight, reps or sets, so you keep improving.
Double progression	Add reps first until all sets reach the top of the range, then add weight and start again at the bottom.
Zone 2 / easy pace	A relaxed effort where you can talk in full sentences. It builds aerobic base and aids recovery.
Threshold	The hardest pace you can hold for about an hour; feels comfortably hard, only a few words at a time.
Tempo / interval	Tempo: sustained, steady hard running. Interval: shorter fast repeats with recovery between them.
TDEE	Total daily energy expenditure: the calories you burn in a day, including exercise and daily activity.
Protein per kg	Daily protein based on body weight, e.g. 1.6 g/kg means 112 g for a 70 kg person.
Fibre target	Aim for about 25–30 g of fibre a day from vegetables, fruit, whole grains and legumes.



CHAPTER 04

Weekly pages

Tick each session when it is done

WEEK

2 × 10–12 @ RPE 6

01

WEEK OF _____

- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Workout B: Romanian deadlift, Split squat, Shoulder press machine, Pallof press
- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Protein: 110 g across 5 meals, protein first at every meal
- ☐ Fibre: about 15 g; add slowly with plenty of water
- ☐ Steps: 5,000 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

2 × 10–12 @ RPE 6

02

WEEK OF _____

- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Workout B: Romanian deadlift, Split squat, Shoulder press machine, Pallof press
- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Protein: 110 g across 5 meals, protein first at every meal
- ☐ Fibre: about 17 g; add slowly with plenty of water
- ☐ Steps: 5,500 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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03

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- ☐ Workout B: Romanian deadlift, Split squat, Shoulder press machine, Pallof press
- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Protein: 110 g across 5 meals, protein first at every meal
- ☐ Fibre: about 19 g; add slowly with plenty of water
- ☐ Steps: 6,000 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Protein: 110 g across 5 meals, protein first at every meal
- ☐ Fibre: about 21 g; add slowly with plenty of water
- ☐ Steps: 6,500 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

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One thing to do differently next week

WEEK

3 × 8–10 @ RPE 7

05

WEEK OF _____

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- ☐ Workout B: Romanian deadlift, Split squat, Shoulder press machine, Pallof press
- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Protein: 110 g across 5 meals, protein first at every meal
- ☐ Fibre: about 23 g; add slowly with plenty of water
- ☐ Steps: 7,000 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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3 × 8–10 @ RPE 7

06

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- ☐ Workout B: Romanian deadlift, Split squat, Shoulder press machine, Pallof press
- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Protein: 110 g across 5 meals, protein first at every meal
- ☐ Fibre: about 25 g; add slowly with plenty of water
- ☐ Steps: 7,500 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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WEEK

3 × 8–10 @ RPE 7

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- ☐ Workout A: Leg press, Chest press machine, Seated cable row, Farmer carry
- ☐ Protein: 110 g across 5 meals, protein first at every meal
- ☐ Fibre: about 27 g; add slowly with plenty of water
- ☐ Steps: 8,000 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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- ☐ Fibre: about 29 g; add slowly with plenty of water
- ☐ Steps: 8,000 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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- ☐ Fibre: about 30 g; add slowly with plenty of water
- ☐ Steps: 8,000 a day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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WEEK

3 × 8–10 @ RPE 7

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	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

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CHAPTER 05

Logs

LOGS

Weekly check-in

WEEK	WEIGHT	WAIST	DOSE	PROTEIN DAYS HIT	SIDE EFFECTS

LOGS

Training log

NOTES

Grid of dotted lines for notes.

NOTES

Grid of dotted lines for notes.

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Small, repeated, honest efforts.
That is the whole secret.

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