

KILOPACE

TRAINING JOURNAL NO. 08

OCTOBER 19, 2026

Your 12-week gym journal

A glute-focused plan with full-body strength

Lower A • Upper A • Lower B • Glutes

WEEKLY SPLIT

33

GLUTE SETS / WEEK (WEEKS 1-4)

60 min

SESSION LENGTH

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

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03 Your numbers

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

A glute-focused plan with full-body strength

Lower A • Upper A • Lower B • Glutes

WEEKLY SPLIT

33

GLUTE SETS / WEEK (WEEKS 1–4)

60 min

SESSION LENGTH

100 g

PROTEIN

BEFORE YOU START

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

POCKET CARD

KILOPACE

Weekly split: Lower A • Upper A • Lower B • Glutes

Glute sets / week (weeks 1–4): 33

Session length: 60 min

Protein: 100 g

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Glutes grow from progressive load over months; the first 4 weeks are mostly about learning the lifts.

HOW TO USE THIS JOURNAL

How to use this journal

- 01** Train the days in order across the week with at least one rest day.
- 02** Log every working set; the log is how you know when to add weight.
- 03** Week 12 is a lighter week and a test. Write your new bests on the progress page.
- 04** Repeat the plan with heavier weights or move to the next level.

“Hit your protein target daily; it is the biggest nutrition lever for muscle.”

COACHING NOTES

- Glutes grow from progressive load over months; the first 4 weeks are mostly about learning the lifts.
- Sleep 7–9 hours; growth happens in recovery.
- Your cycle may change how strong you feel. On low days, keep the session but lower the effort.
- Track hip and waist measurements monthly, not the scale daily.
- Leave 1–2 reps in the tank on most sets. Grinding every rep slows progress.

CHAPTER 03

The programme

A glute-focused plan with full-body strength

01

How progression works

- This plan uses double progression: stay at a weight until you hit the top of the rep range on every set, then add the smallest jump available.
- Example: 3 × 10–12 at 40 kg. When you get 12, 12, 12, go to 42.5 kg and start again at 10.
 - RPE 8 means you could do 2 more reps with good form.
 - Rest 2–3 minutes on main lifts and 60–90 seconds on the rest.

02

Lower A • glute focus

WEEKS	EXERCISE	SETS × REPS	RPE
1–4	Barbell hip thrust	3 × 10–12	7
	Romanian deadlift	3 × 10–12	7
	Bulgarian split squat	2 × 12–15	7
	Hip abduction machine	2 × 12–15	7
	Cable kickback	2 × 12–15	7
	45° back extension (glute bias)	2 × 12–15	7
5–8	Barbell hip thrust	4 × 8–10	8
	Romanian deadlift	4 × 8–10	8
	Bulgarian split squat	3 × 10–12	8
	Hip abduction machine	3 × 10–12	8
	Cable kickback	3 × 10–12	8
	45° back extension (glute bias)	3 × 10–12	8
9–12	Barbell hip thrust	4 × 8–10	8
	Romanian deadlift	4 × 8–10	8
	Bulgarian split squat	3 × 10–12	8
	Hip abduction machine	3 × 10–12	8
	Cable kickback	3 × 10–12	8
	45° back extension (glute bias)	3 × 10–12	8

Upper A

WEEKS	EXERCISE	SETS × REPS	RPE
1–4	Lat pulldown	3 × 10–12	7
	Dumbbell bench press	3 × 10–12	7
	Seated cable row	2 × 12–15	7
	Lateral raise	2 × 12–15	7
	Plank	3 × 30 s	—
	Face pull	2 × 12–15	7
5–8	Lat pulldown	4 × 8–10	8
	Dumbbell bench press	4 × 8–10	8
	Seated cable row	3 × 10–12	8
	Lateral raise	3 × 10–12	8
	Plank	3 × 40 s	—
	Face pull	3 × 10–12	8
9–12	Lat pulldown	4 × 8–10	8
	Dumbbell bench press	4 × 8–10	8
	Seated cable row	3 × 10–12	8
	Lateral raise	3 × 10–12	8
	Plank	3 × 50 s	—
	Face pull	3 × 10–12	8

Lower B • legs and hinge

WEEKS	EXERCISE	SETS × REPS	RPE
1–4	Back squat	3 × 10–12	7
	Leg press	3 × 10–12	7
	Single-leg Romanian deadlift	2 × 12–15	7
	Walking lunge	2 × 12–15	7
	Lying leg curl	2 × 12–15	7
	Hip abduction machine	2 × 12–15	7
5–8	Back squat	4 × 8–10	8
	Leg press	4 × 8–10	8
	Single-leg Romanian deadlift	3 × 10–12	8
	Walking lunge	3 × 10–12	8
	Lying leg curl	3 × 10–12	8
	Hip abduction machine	3 × 10–12	8
9–12	Back squat	4 × 8–10	8
	Leg press	4 × 8–10	8
	Single-leg Romanian deadlift	3 × 10–12	8
	Walking lunge	3 × 10–12	8
	Lying leg curl	3 × 10–12	8
	Hip abduction machine	3 × 10–12	8

05

Glutes and core

WEEKS	EXERCISE	SETS × REPS	RPE
1–4	Barbell hip thrust	3 × 10–12	7
	Cable pull-through	2 × 12–15	7
	Frog pumps	2 × 12–15	7
	Hip abduction machine	2 × 12–15	7
	Side plank	3 × 30 s	—
	Cable kickback	2 × 12–15	7
5–8	Barbell hip thrust	4 × 8–10	8
	Cable pull-through	3 × 10–12	8
	Frog pumps	3 × 10–12	8
	Hip abduction machine	3 × 10–12	8
	Side plank	3 × 40 s	—
	Cable kickback	3 × 10–12	8
9–12	Barbell hip thrust	4 × 8–10	8
	Cable pull-through	3 × 10–12	8
	Frog pumps	3 × 10–12	8
	Hip abduction machine	3 × 10–12	8
	Side plank	3 × 50 s	—
	Cable kickback	3 × 10–12	8

06

Warm-up (6 minutes)

- 3 minutes on a bike or brisk walk
- Glute bridge × 15
- Bodyweight squat × 10
- Two light sets of the first exercise

07

Technique cues

EXERCISE	CUE
Barbell hip thrust	Chin tucked, ribs down, push through heels, pause one second at the top.
Romanian deadlift	Soft knees, push hips back, bar close to legs, stop when the hamstrings are stretched.
Bulgarian split squat	Lean slightly forward for more glute, front heel stays down.
Back squat	Brace, sit between your heels, knees follow your toes.

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
Dumbbell bench press	Feet flat, shoulder blades pinched and down into the bench · Lower dumbbells to mid-chest, elbows about 45°, press up and slightly in · Don't bounce at the bottom or flare elbows to 90°
Lat pulldown	Grip just wider than shoulders, thighs locked under the pad · Pull the bar to your upper chest, elbows down and back · Don't lean far back or yank with momentum
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
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

EXERCISE	CUES
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
Barbell hip thrust	Shoulders on the bench edge, bar padded over hips, shins vertical at the top · Drive through heels, ribs down, pause one second with glutes squeezed · Don't arch the lower back to finish the rep
Bulgarian split squat	Back foot laces-down on a bench, front foot a long stride ahead · Lean slightly forward, lower until the back knee nears the floor, drive through the front heel · Don't bounce off the back leg
Hip abduction machine	Sit tall or lean slightly forward for more glute, pads outside the knees · Push knees out, pause one second, return slowly · Don't let the weight stack slam between reps
Cable kickback	Ankle strap on, hands on the machine, slight forward lean, hips square · Kick the leg back and slightly out, squeeze the glute at the end · Don't arch the lower back to swing the leg higher
45° back extension (glute bias)	Pad below the hip crease, feet turned out slightly, upper back rounded · Hinge down, then lift by squeezing glutes until the body is straight · Don't overextend the lower back at the top
Back squat	Bar on upper back, feet shoulder-width, big breath and brace · Sit down between your heels to at least parallel, knees track toes · Don't let the chest drop or knees cave on the way up
Single-leg Romanian deadlift	Stand on one leg, soft knee, weight in the opposite hand · Hinge forward, back leg reaching behind, hips square to the floor · Don't let the hip open up or the back round
Walking lunge	Dumbbells at your sides, tall posture · Step long, lower the back knee close to the floor, drive up through the front heel · Don't take short steps or let the front knee cave inwards
Lying leg curl	Knees just off the bench edge, pad above the heels, hips pressed down · Curl heels towards glutes, pause, lower slowly · Don't lift the hips off the pad to finish the rep
Lateral raise	Light dumbbells at your sides, slight bend in elbows, slight forward lean · Raise arms out to shoulder height, lead with the elbows · Don't shrug or swing the weights up
Plank	Forearms under shoulders, body in one line from head to heels · Squeeze glutes and brace as if about to be poked in the stomach, breathe · Don't let the hips sag or pike up
Face pull	Rope at upper-chest to face height, thumbs pointing back · Pull towards your forehead, elbows high, hands finishing beside the ears · Don't lean back or use the lower back
Cable pull-through	Face away from a low cable, rope between your legs, step forward · Hinge hips back, then snap them forward squeezing glutes to stand tall · Don't pull with the arms or lean back at the top

EXERCISE	CUES
Frog pumps	On your back, soles together, knees out, heels close to your glutes · Drive hips up by squeezing glutes, pause at the top · Don't push through the lower back or rush the reps
Side plank	Elbow under shoulder, feet stacked or knees bent for an easier version · Lift hips so the body is in one straight line, breathe · Don't let the hips drop or roll backwards
Glute bridge	On your back, feet flat, hip-width, heels close to glutes · Drive through heels to lift hips, pause with glutes squeezed · Don't arch the lower back to get higher
Bodyweight squat	Feet shoulder-width, toes slightly out, arms forward · Sit down between your heels to full depth you control, knees track toes · Don't let heels lift or knees cave inwards

09

If this happens, do this

If you feel hip thrusts in your lower back	Then tuck the chin and ribs down, shorten the top range, and keep shins vertical at lockout
If you feel RDLs in your lower back	Then lower the weight, keep the bar against your legs, and stop when hamstrings stretch rather than reaching lower
If you feel lunges and split squats only in the quads	Then take a longer stance, lean the torso slightly forward, and drive through the front heel
If your lifts stopped going up	Then check sleep and protein, keep the same weight until all sets hit the top of the range, and take the deload
If you're too sore to train	Then do the session anyway at lighter loads; soreness fades as you adapt. Rest if pain is sharp or in a joint
If you don't see changes in the mirror	Then compare monthly photos and lift numbers, eat enough protein, and give it at least 12 weeks

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

Foundation

01

Main lifts 3 × 10–12 @ RPE 7

WEEK OF _____

- ☐ Lower A · glute focus: Barbell hip thrust, Romanian deadlift, Bulgarian split squat, Hip abduction machine, Cable kickback, 45° back extension (glute bias)
- ☐ Upper A: Lat pulldown, Dumbbell bench press, Seated cable row, Lateral raise, Plank, Face pull
- ☐ Lower B · legs and hinge: Back squat, Leg press, Single-leg Romanian deadlift, Walking lunge, Lying leg curl, Hip abduction machine
- ☐ Glutes and core: Barbell hip thrust, Cable pull-through, Frog pumps, Hip abduction machine, Side plank, Cable kickback

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Foundation

02

Main lifts 3 × 10–12 @ RPE 7

WEEK OF _____

- ☐ Lower A · glute focus: Barbell hip thrust, Romanian deadlift, Bulgarian split squat, Hip abduction machine, Cable kickback, 45° back extension (glute bias)
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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Foundation

03

Main lifts 3 × 10–12 @ RPE 7

WEEK OF _____

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WEEK IN REVIEW

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WEEK

Foundation

04

Main lifts 3 × 10–12 @ RPE 7

WEEK OF _____

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WEEK IN REVIEW

What went well this week?

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One thing to do differently next week

WEEK

Build

05

Main lifts 4 × 8–10 @ RPE 8

WEEK OF _____

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WEEK IN REVIEW

What went well this week?

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One thing to do differently next week

WEEK

Build

06

Main lifts 4 × 8–10 @ RPE 8

WEEK OF _____

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WEEK IN REVIEW

What went well this week?

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One thing to do differently next week

WEEK

Build

07

Main lifts 4 × 8–10 @ RPE 8

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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Build

08

Main lifts 4 × 8–10 @ RPE 8

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WEEK IN REVIEW

What went well this week?

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WEEK

Strength

09

Main lifts 4 × 8–10 @ RPE 8

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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Strength

10

Main lifts 4 × 8–10 @ RPE 8

WEEK OF _____

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DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Strength

11

Main lifts 4 × 8–10 @ RPE 8

WEEK OF _____

- ☐ Lower A · glute focus: Barbell hip thrust, Romanian deadlift, Bulgarian split squat, Hip abduction machine, Cable kickback, 45° back extension (glute bias)
- ☐ Upper A: Lat pulldown, Dumbbell bench press, Seated cable row, Lateral raise, Plank, Face pull
- ☐ Lower B · legs and hinge: Back squat, Leg press, Single-leg Romanian deadlift, Walking lunge, Lying leg curl, Hip abduction machine
- ☐ Glutes and core: Barbell hip thrust, Cable pull-through, Frog pumps, Hip abduction machine, Side plank, Cable kickback

	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

Strength

12

Lighter week: 2 sets each at RPE 6, then test your best lifts

WEEK OF _____

- ☐ Lower A · glute focus: Barbell hip thrust, Romanian deadlift, Bulgarian split squat, Hip abduction machine, Cable kickback, 45° back extension (glute bias)
- ☐ Upper A: Lat pulldown, Dumbbell bench press, Seated cable row, Lateral raise, Plank, Face pull
- ☐ Lower B · legs and hinge: Back squat, Leg press, Single-leg Romanian deadlift, Walking lunge, Lying leg curl, Hip abduction machine
- ☐ Glutes and core: Barbell hip thrust, Cable pull-through, Frog pumps, Hip abduction machine, Side plank, Cable kickback

	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



CHAPTER 05

Logs

LOGS

Training log

LOGS

Progress page: best lifts

EXERCISE	WEEK 1	WEEK 6	WEEK 12

LOGS

Body check-ins

DATE	WEIGHT	HIPS	WAIST	NOTES

NOTES

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NOTES

Grid of dotted lines for notes.

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

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