

KILOPACE

TRAINING JOURNAL NO. 13

OCTOBER 19, 2026

Your kettlebell journal

Eight weeks of efficient kettlebell sessions for fat loss and strength

12 kg

SWING BELL

8 kg

PRESS BELL

12 kg

YOUR BELL

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

Eight weeks of efficient kettlebell sessions for fat loss and strength

12 kg

SWING BELL

8 kg

PRESS BELL

12 kg

YOUR BELL

A · B · C

WEEKLY PATTERN

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

Swing bell: 12 kg

Press bell: 8 kg

Your bell: 12 kg

Weekly pattern: A · B · C

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Grip fatigue is normal at first; chalk and a firm hook grip help.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Warm up with halos, goblet squats and light swings for 5 minutes.
- 02 Rest 60–90 seconds between strength sets.
- 03 Log the bell weight every session.
- 04 Keep a rest day after each EMOM day if you are new.

“Pack the shoulder: keep the bell close on cleans
to protect your forearm.”

COACHING NOTES

- Grip fatigue is normal at first; chalk and a firm hook grip help.
- Short, sharp sessions done consistently beat long ones done occasionally.
- Eat enough protein to build the strength you're training.
- Train barefoot or in flat shoes for swings and squats.
- If your back feels it, your hips aren't doing the work. Film a set and check.

CHAPTER 03

The programme

Eight weeks of efficient kettlebell sessions for fat loss and strength

01

The swing, done right

“The swing is a hip hinge, not a squat and not a front raise. The bell floats because your hips snap.”

- Hike the bell back high between the thighs, like a football snap.
- Stand up hard: glutes squeezed, knees locked, ribs down, bell floats to chest height.
- Let the bell fall; hinge only when your forearms touch your hips.
- Breathe out sharply at the top of each rep.

02

Your 8-week plan

WEEKS	SESSION	EXERCISE	SETS × REPS
1–4	Workout A · hinge and press	Two-hand swing	3 × 8
		Single-arm clean	3 × 8
		Single-arm overhead press	3 × 8
		Single-arm row	3 × 8
		Dead bug with kettlebell	3 × 5/side
1–4	Workout B · squat and pull	Goblet squat	3 × 8
		Single-arm row	3 × 8
		Single-leg deadlift	3 × 8
		Halo	3 × 5/side
		Farmer or suitcase carry	4 × 40 m
5–8	Workout A · hinge and press	Two-hand swing	4 × 6
		Single-arm clean	4 × 6
		Single-arm overhead press	4 × 6

WEEKS	SESSION	EXERCISE	SETS × REPS
5–8	Workout B · squat and pull	Single-arm row	4 × 6
		Dead bug with kettlebell	3 × 5/side
		Goblet squat	4 × 6
		Single-arm row	4 × 6
		Single-leg deadlift	4 × 6
		Halo	3 × 5/side
		Farmer or suitcase carry	4 × 40 m

03

How to progress

- Add reps before weight: when every set feels like RPE 7, add one rep per set next week.
- Move up a bell when you can do the top of the range with crisp form.
- Between bell sizes, use the heavier bell for the first sets and the lighter for the rest.

04

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
Dead bug	On your back, arms to ceiling, knees above hips at 90° · Exhale and slowly lower the opposite arm and leg, then switch · Don't let the lower back lift off the floor; shorten the range if it does
Goblet squat	Hold the dumbbell vertically at your chest, feet shoulder-width · Sit down between your heels, elbows inside the knees, chest tall · Don't let heels lift or knees cave inwards
Two-hand swing	Feet a little wider than hips, bell a foot in front · Hike back high, snap hips to stand tall, bell floats to chest height · Don't squat it or lift it with the arms
Single-arm clean	Hike the bell back like a swing · Keep the elbow close and let the bell roll around the wrist into the rack · Don't let it flip over and bang the forearm
Single-arm overhead press	From the rack, glutes and abs tight · Press up and slightly back until the biceps is by the ear · Don't lean back to finish the rep

EXERCISE	CUES
Single-arm row	Free hand on a bench, flat back · Pull the bell towards the hip, shoulder blade back · Don't twist the torso to lift more
Dead bug with kettlebell	Bell held above the chest, lower back pressed down · Lower opposite leg slowly while the bell stays still · Don't let the back arch off the floor
Single-leg deadlift	Bell in the opposite hand to the standing leg · Hinge with a long line from head to back heel · Don't open the hip; keep both hips square to the floor
Halo	Bell upside down by the horns, glutes tight · Circle it close around the head, both directions · Don't lean the torso to make room
Farmer or suitcase carry	Tall posture, shoulders down · Walk with short quick steps, bell still at the side · Don't lean towards or away from the bell

05

If this happens, do this

If you feel swings in your lower back	Then hinge more and squat less; film a set from the side
If your forearms get bruised on cleans	Then keep the elbow closer and the bell's path tighter
If your grip fails before your hips	Then use chalk and split sets into shorter bursts
If your bell feels too light	Then add reps, slow the lowering or move to single-arm versions
If you can't press the next bell up	Then do extra sets at the lighter bell and slow negatives with the heavier one
If shoulders hurt overhead	Then switch to floor presses and see a physio if it persists

06

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

Strength 3 × 8 · EMOM 8 min
× 8

01

WEEK OF _____

- ☐ Workout A · hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B · squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 8 × Two-hand swing at the top of every minute for 8 min

	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 3 × 8 · EMOM 10 min
× 8

02

WEEK OF _____

- ☐ Workout A · hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B · squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 8 × Two-hand swing at the top of every minute for 10 min

	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 3 × 8 · EMOM 12 min
× 8

03

WEEK OF _____

- ☐ Workout A · hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B · squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 8 × Two-hand swing at the top of every minute for 12 min

	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 3 × 8 · EMOM 14 min
× 8

04

WEEK OF _____

- ☐ Workout A · hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B · squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 8 × Two-hand swing at the top of every minute for 14 min

	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 4 × 6 • EMOM 12 min
× 10

05

WEEK OF _____

- ☐ Workout A • hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B • squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 10 × Two-hand swing at the top of every minute for 12 min

	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 4 × 6 • EMOM 14 min
× 10

06

WEEK OF _____

- ☐ Workout A • hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B • squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 10 × Two-hand swing at the top of every minute for 14 min

	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 4 × 6 • EMOM 16 min
× 10

07

WEEK OF _____

- ☐ Workout A • hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B • squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 10 × Two-hand swing at the top of every minute for 16 min

	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 4 × 6 • EMOM 18 min
× 10

08

WEEK OF _____

- ☐ Workout A • hinge and press: Two-hand swing, Single-arm clean, Single-arm overhead press, Single-arm row, Dead bug with kettlebell
- ☐ Workout B • squat and pull: Goblet squat, Single-arm row, Single-leg deadlift, Halo, Farmer or suitcase carry
- ☐ Swing EMOM: 10 × Two-hand swing at the top of every minute for 18 min

	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

NOTES

Handwriting practice area consisting of a grid of dots for letter formation.

NOTES

Grid of dotted lines for notes.

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

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