

KILOPACE

TRAINING JOURNAL NO. 03

OCTOBER 19, 2026

Your 12-week menopause strength journal

Progressive strength for muscle, bone and energy

3 (A · B · A)

STRENGTH SESSIONS / WEEK

98 g

DAILY PROTEIN

33 g

PROTEIN PER MEAL

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

Progressive strength for muscle, bone and energy

3 (A · B · A)

STRENGTH SESSIONS / WEEK

98 g

DAILY PROTEIN

33 g

PROTEIN PER MEAL

7,500

DAILY STEPS

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

Strength sessions / week: 3 (A · B · A)

Daily protein: 98 g

Protein per meal: 33 g

Daily steps: 7,500

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Muscle and bone respond to load. Lifting heavier than feels familiar is safe when you build up gradually.

HOW TO USE THIS JOURNAL

How to use this journal

- 01** Do the workouts on non-consecutive days where you can.
- 02** Write the weight you used in the training log every session.
- 03** Hot flushes, poor sleep or a bad day? Do the session at RPE 6 rather than skipping it.
- 04** Weeks 1–4 are about technique. Resist the urge to rush.

“Protein at every meal matters more as oestrogen falls; aim for the per-meal number on the cover.”

COACHING NOTES

- Muscle and bone respond to load. Lifting heavier than feels familiar is safe when you build up gradually.
- Strength training improves sleep for many women within a few weeks.
- Belly fat responds to an overall calorie balance and muscle, not to crunches.
- If you leak when you jump or lift, see a pelvic floor physiotherapist; it is common and treatable.
- Walk most days. Steps are the easiest way to support heart health and blood sugar.

CHAPTER 03

The programme

Progressive strength for muscle, bone and energy

01

12-week progression · Workout A

WEEKS	PHASE	EXERCISE	SETS × REPS	EFFORT (RPE)
1–4	Foundation	Leg press or barbell squat	2 × 12	6–7
		Dumbbell bench press	2 × 12	6–7
		Lat pulldown	2 × 12	6–7
		Pallof press	2 × 12	6–7
5–8	Strength	Leg press or barbell squat	3 × 8–10	7–8
		Dumbbell bench press	3 × 8–10	7–8
		Lat pulldown	3 × 8–10	7–8
		Pallof press	3 × 8–10	7–8
9–12	Strength & power	Leg press or barbell squat	3 × 8–10	7–8
		Dumbbell bench press	3 × 8–10	7–8
		Lat pulldown	3 × 8–10	7–8
		Pallof press	3 × 8–10	7–8

02

12-week progression · Workout B

WEEKS	PHASE	EXERCISE	SETS × REPS	EFFORT (RPE)
1–4	Foundation	Trap-bar deadlift	2 × 12	6–7
		Walking lunge (dumbbells)	2 × 12	6–7
		Seated dumbbell shoulder press	2 × 12	6–7
		Farmer carry	2 × 12	6–7
5–8	Strength	Trap-bar deadlift	3 × 8–10	7–8
		Walking lunge (dumbbells)	3 × 8–10	7–8
		Seated dumbbell shoulder press	3 × 8–10	7–8
		Farmer carry	3 × 8–10	7–8

WEEKS	PHASE	EXERCISE	SETS × REPS	EFFORT (RPE)
9–12	Strength & power	Trap-bar deadlift	3 × 8–10	7–8
		Walking lunge (dumbbells)	3 × 8–10	7–8
		Seated dumbbell shoulder press	3 × 8–10	7–8
		Farmer carry	3 × 8–10	7–8

03

How to progress

- When you can do the top of the rep range on every set with good form, add a little weight next time.
- Effort (RPE) 7 means you could do about 3 more reps; 8 means about 2.
- Rest 90 seconds to 2 minutes between sets of the big lifts.

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
Leg press or barbell squat	Leg press: feet mid-platform, hip-width; squat: bar on upper back, brace first · Lower until thighs are near parallel, push the floor away · Don't let the lower back round off the pad or at the bottom
Trap-bar deadlift	Stand in the centre of the bar, grip handles, hips higher than knees · Brace, push the floor away, stand tall with glutes squeezed · Don't jerk the bar off the floor or lean back at the top
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
Walking lunge (dumbbells)	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 that push the front knee far over the toes

EXERCISE	CUES
Seated dumbbell shoulder press	Sit tall with back support, dumbbells at shoulder height, palms forward or in · Press up until arms are straight, lower under control to ear level · Don't arch the lower back off the pad
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
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

05

If this happens, do this

If hot flushes disrupt your training	Then train in the cooler part of the day, wear layers, keep cold water close, and track triggers like alcohol or caffeine
If you sleep badly and feel too tired to lift	Then do the session at RPE 6 with fewer sets rather than skipping; a short session still counts
If your joints ache	Then warm up for 8–10 minutes, use slower tempos and machines, and see a doctor or physio if pain is sharp, swollen or lasts beyond 48 hours
If you leak urine on jumps or heavy lifts	Then breathe out on effort, reduce load, and see a pelvic-health physiotherapist; it is common and treatable
If weight is creeping up despite training	Then measure waist and strength, not only the scale; prioritise protein at each meal and daily steps
If your lifts stop going up	Then use double progression, stay in the rep range until all sets hit the top, and take the planned deload every fourth week

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

2 × 12 @ RPE 6–7

WEEK OF _____

- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Every day: 98 g protein · 7,500 steps

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

2 × 12 @ RPE 6–7

WEEK OF _____

- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Every day: 98 g protein · 7,500 steps

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

2 × 12 @ RPE 6–7

WEEK OF _____

- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Every day: 98 g protein · 7,500 steps

	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

Foundation

04

2 x 12 @ RPE 6-7

WEEK OF _____

- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Every day: 98 g protein · 7,500 steps

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

05

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Every day: 98 g protein · 7,500 steps

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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

06

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Every day: 98 g protein · 7,500 steps

	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

07

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Every day: 98 g protein · 7,500 steps

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

08

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Every day: 98 g protein · 7,500 steps

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
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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 & power

09

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Every day: 98 g protein · 7,500 steps

	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 & power

10

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Every day: 98 g protein · 7,500 steps

	MON	TUE	WED	THU	FRI	SAT	SUN
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ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
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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 & power

11

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
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	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 & power

12

3 × 8–10 @ RPE 7–8

WEEK OF _____

- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Workout A: Leg press or barbell squat, Dumbbell bench press, Lat pulldown, Pallof press
- ☐ Workout B: Trap-bar deadlift, Walking lunge (dumbbells), Seated dumbbell shoulder press, Farmer carry
- ☐ Every day: 98 g protein · 7,500 steps

	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

Sleep and symptom log

[illegible]

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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