

KILOPACE

TRAINING JOURNAL NO. 14

OCTOBER 19, 2026

Your 30-day mobility journal

Daily routines to undo long hours of sitting

Hips, Hamstrings, Upper back

FOCUS

15 min

DAILY MINUTES

5

DAYS PER WEEK

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

Daily routines to undo long hours of sitting

Hips, Hamstrings, Upper back

FOCUS

15 min

DAILY MINUTES

5

DAYS PER WEEK

10

DRILLS

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

Focus: Hips, Hamstrings, Upper back

Daily minutes: 15 min

Days per week: 5

Drills: 10

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Range comes from your nervous system trusting a position;
slow and often wins.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Do the routine at the same time each day; habit beats intensity.
- 02 Breathe slowly; stretch to mild tension, never pain.
- 03 Warm up first with a 3-minute walk or marching.
- 04 Use the log to note what felt tight and how it changed.

“Active work at end range turns new flexibility
into usable mobility.”

COACHING NOTES

- Range comes from your nervous system trusting a position; slow and often wins.
- Stretching before heavy lifting is fine if holds are short.
- Expect noticeable change in two to four weeks, not days.
- Sharp, pinching or nervy pain means back off and change the position.

CHAPTER 03

The programme

Daily routines to undo long hours of sitting

01

Your four tests

Test on day 1, day 15 and day 30, warm, at the same time of day. Write the results here.

TEST	HOW	RESULT
Toe touch	Knees straight, reach down, measure fingertips to floor	____ / ____ / ____
Deep squat	Heels down, chest up, hold time in seconds	____ / ____ / ____
Back scratch	One hand over, one under, gap between fingertips	____ / ____ / ____
Knee to wall	Heel down, toes to wall distance where knee still touches	____ / ____ / ____

02

Your 30-day calendar

DAY	SESSION	MOVES
1	Test day	Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 30 s per side, easy breathing
2	Routine	Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 30 s per side, easy breathing
3	Routine	Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 30 s per side, easy breathing
4	Walk 20–30 minutes	—
5	Routine	90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 30 s per side, easy breathing
6	Routine	Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 30 s per side, easy breathing
7	Walk 20–30 minutes	—
8	Routine	Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 40 s hold, then 3 × 10 s gentle active contractions at end range
9	Routine	Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 40 s hold, then 3 × 10 s gentle active contractions at end range
10	Routine	90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 40 s hold, then 3 × 10 s gentle active contractions at end range

08

DAY	SESSION	MOVES
11	Walk 20–30 minutes	—
12	Routine	Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 40 s hold, then 3 × 10 s gentle active contractions at end range
13	Routine	Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 40 s hold, then 3 × 10 s gentle active contractions at end range
14	Walk 20–30 minutes	—
15	Test day	90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 50 s hold, then 3 × 10 s gentle active contractions at end range
16	Routine	Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 50 s hold, then 3 × 10 s gentle active contractions at end range
17	Routine	Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 50 s hold, then 3 × 10 s gentle active contractions at end range
18	Walk 20–30 minutes	—
19	Routine	Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 50 s hold, then 3 × 10 s gentle active contractions at end range
20	Routine	90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 50 s hold, then 3 × 10 s gentle active contractions at end range
21	Walk 20–30 minutes	—
22	Routine	Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 60 s hold, then 3 × 10 s gentle active contractions at end range
23	Routine	Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 60 s hold, then 3 × 10 s gentle active contractions at end range
24	Routine	Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 60 s hold, then 3 × 10 s gentle active contractions at end range
25	Walk 20–30 minutes	—
26	Routine	Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 60 s hold, then 3 × 10 s gentle active contractions at end range
27	Routine	Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 60 s hold, then 3 × 10 s gentle active contractions at end range
28	Walk 20–30 minutes	—

DAY	SESSION	MOVES
29	Routine	Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 60 s hold, then 3 × 10 s gentle active contractions at end range
30	Test day	90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 60 s hold, then 3 × 10 s gentle active contractions at end range

03

Drill library

EXERCISE	HOW TO DO IT
Pigeon	Front shin across the body, back leg long, hips square, fold forward gently.
Cossack squat	Wide stance, sit into one hip with the other leg straight, toes up.
Deep squat hold	Heels down, elbows push knees out, hold a door frame if needed.
Hamstring floss	Lying, hold behind the thigh, straighten and bend the knee slowly.
Half split	Front leg straight, hips back over the back knee, long spine.
Cat-cow	On hands and knees, round and arch the spine segment by segment.
Open book	Lying on your side, knees bent, open the top arm across while the knees stay down.
Thread the needle	On hands and knees, slide one arm under the other and rotate the upper back.
90/90 hip switch	Sit with both knees bent at 90°, rotate side to side keeping the chest tall.
Couch stretch	Back knee on the floor against a wall, front foot forward, squeeze the back glute.

04

If this happens, do this

If a stretch pinches at the front of the hip	Then reduce the range and tilt the pelvis under
If you feel tingling or pain down a leg or arm	Then stop that position; it's irritating a nerve
If your tests don't improve by day 15	Then lengthen holds and add a second short session
If you're very sore the next day	Then you went too deep; return to mild tension
If you lose gains after a few days off	Then that's normal early on; consistency locks range in
If you're hypermobile and joints feel unstable	Then favour strength at end range over long passive holds

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

Learn the positions · 30 s holds

01

WEEK OF _____

- ☐ Day 1: Test day + Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 30 s per side, easy breathing
- ☐ Day 2: Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 30 s per side, easy breathing
- ☐ Day 3: Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 30 s per side, easy breathing
- ☐ Day 5: 90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 30 s per side, easy breathing
- ☐ Day 6: Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 30 s per side, easy breathing

	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

40 s holds with active end-range work

02

WEEK OF _____

- ☐ Day 8: Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 40 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 9: Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 40 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 10: 90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 40 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 12: Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 40 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 13: Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 40 s hold, then 3 × 10 s gentle active contractions at end range

	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

50 s holds with active end-range work

03

WEEK OF _____

- ☐ Day 15: Test day + 90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 50 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 16: Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 50 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 17: Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 50 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 19: Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 50 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 20: 90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 50 s hold, then 3 × 10 s gentle active contractions at end range

	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

60 s holds with active end-range work

04

WEEK OF _____

- ☐ Day 22: Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 60 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 23: Half split · Cat-cow · Open book · Thread the needle · 90/90 hip switch · Couch stretch — 60 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 24: Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 60 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 26: Pigeon · Cossack squat · Deep squat hold · Hamstring floss · Half split · Cat-cow — 60 s hold, then 3 × 10 s gentle active contractions at end range
- ☐ Day 27: Deep squat hold · Hamstring floss · Half split · Cat-cow · Open book · Thread the needle — 60 s hold, then 3 × 10 s gentle active contractions at end range

	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

60 s holds with active end-range work

05

WEEK OF _____

- Day 29: Open book · Thread the needle · 90/90 hip switch · Couch stretch · Pigeon · Cossack squat — 60 s hold, then 3 × 10 s gentle active contractions at end range
- Day 30: Test day + 90/90 hip switch · Couch stretch · Pigeon · Cossack squat · Deep squat hold · Hamstring floss — 60 s hold, then 3 × 10 s gentle active contractions at end range

	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

30-day log

DAY	TIGHTEST AREA	HOW IT FELT (1-5)	NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			

DAY	TIGHTEST AREA	HOW IT FELT (1-5)	NOTES
24			
25			
26			
27			
28			
29			
30			

NOTES

Grid of dotted lines for notes.

NOTES

Grid of dotted lines for notes.

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2. NHS: Strength and flexibility exercises
<https://www.nhs.uk/live-well/exercise/strength-exercises/>
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<https://pubmed.ncbi.nlm.nih.gov/21694556/>

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

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