

KILOPACE

TRAINING JOURNAL NO. 02

OCTOBER 19, 2026

Your Ramadan training journal

Calories, meal timing and training slots for 30 days of fasting

2,340 kcal

TARGET CALORIES

148 g

PROTEIN

273 g

CARBOHYDRATES

THIS JOURNAL BELONGS TO

STARTED ON



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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

Calories, meal timing and training slots for 30 days of fasting

2,340 kcal

TARGET CALORIES

148 g

PROTEIN

273 g

CARBOHYDRATES

73 g

FAT

2.9 L

WATER BETWEEN IFTAR AND SUHOOR

4

TRAINING SESSIONS / WEEK

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

Target calories: 2,340 kcal

Protein: 148 g

Carbohydrates: 273 g

Fat: 73 g

Water between iftar and suhoor: 2.9 L

Training sessions / week: 4

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Your goal in Ramadan is to keep muscle and fitness. Progress can wait until Eid.

HOW TO USE THIS JOURNAL

How to use this journal

- 01** Fill in the daily log each morning after suhoor; it takes one minute.
- 02** Weigh yourself at the same time each week, not every day; fasting moves water around.
- 03** If you feel dizzy or unwell while training, stop, end your session and drink as soon as you are allowed.
- 04** Use the meal split as a guide, not a rule. Hitting protein matters more than exact calories.

“Strength training keeps muscle while you eat less; cardio is optional.”

COACHING NOTES

- Your goal in Ramadan is to keep muscle and fitness. Progress can wait until Eid.
- Spread water across the evening: a glass every hour beats a litre at suhoor.
- Salty food at suhoor makes you thirstier during the day.
- Caffeine after iftar can wreck the little sleep you have; keep it to the early evening.
- After Ramadan, return to your normal training over one week.

CHAPTER 03

The programme

Calories, meal timing and training slots for 30 days of fasting

01

Your daily targets

Resting energy (BMR)	1,778 kcal
Maintenance calories	2,755 kcal
Target calories	2,340 kcal
Protein	148 g
Carbohydrates	273 g
Fat	73 g

02

Your meal split

MEAL	KCAL	PROTEIN
Suhoor	940 kcal	59 g
Iftar	1,050 kcal	59 g
After taraweesh / evening	350 kcal	30 g

03

What to eat

- Suhoor: slow carbs + protein + fluid. Oats or wholegrain bread, eggs or yoghurt, fruit, two big glasses of water.
- Break the fast: water and 2–3 dates, then pray or rest for 10 minutes before the main meal.
- Iftar: half the plate vegetables or soup, a palm-sized portion of protein, a fist of rice, bulgur or potatoes.
- Evening: a protein snack such as yoghurt, milk or nuts; keep fried food and sweets for special nights.

04

When to train

“90–120 min after iftar: the best slot for heavier strength or intervals; you are fed and can drink during the session.”

- Days 1–7: adaptation, cut training volume by about 30%
- Days 8–20: the normal plan
- Last 10 nights: maintain, prioritise sleep, one set fewer per exercise

05

Weekly training schedule

DAY	SESSION	DETAILS
Day 1	Full-body strength	Squat or leg press, push-up or bench press, row, hip hinge: 3 × 8–10 @ RPE 7
Day 2	Short intervals (after iftar only)	8 × 30 s hard / 90 s easy on a bike or incline walk
Day 3	Full-body strength	Squat or leg press, push-up or bench press, row, hip hinge: 3 × 8–10 @ RPE 7
Day 4	Rest	—
Day 5	Full-body strength	Squat or leg press, push-up or bench press, row, hip hinge: 3 × 8–10 @ RPE 7
Day 6	Rest	—
Day 7	Rest	—

If this happens, do this

If you feel dizzy or very weak while training fasted	Then stop, sit down, and move the session to after iftar; break the fast and seek medical help if symptoms persist
If you are exhausted all day	Then cut training volume by a third, protect sleep with a short afternoon nap, and keep suhoor as late as you can
If you get headaches	Then drink 2–3 litres spread between iftar and suhoor, taper caffeine before Ramadan starts, and add a pinch of salt to suhoor
If you overeat at iftar and feel sluggish	Then break the fast with dates and water, pray or pause, then eat a normal plate with protein and vegetables
If you are losing strength	Then keep lifts heavy but cut sets, eat 25–40 g protein at both iftar and suhoor, and train after iftar rather than fasted
If you take medication or have diabetes	Then speak to your doctor before fasting and training; doses and timing often need adjusting

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

DAYS 1-

Days 1–7: adaptation, cut training volume by about 30%

01

WEEK OF _____

- ☐ Protein: 148 g across suhoor, iftar and evening
- ☐ Water: 2.9 L between iftar and suhoor
- ☐ 4 sessions this week, at your chosen time
- ☐ Sleep: at least 6–7 hours in total, naps count
- ☐ Focus: settle into the rhythm; lighter weights are fine.

	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

DAYS 8-

Days 8–20: the normal plan

08

WEEK OF _____

- ☐ Protein: 148 g across suhoor, iftar and evening
- ☐ Water: 2.9 L between iftar and suhoor
- ☐ 4 sessions this week, at your chosen time
- ☐ Sleep: at least 6–7 hours in total, naps count
- ☐ Focus: normal training, protein at every meal.

	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

DAYS 15-

Days 8–20: the normal plan

15

WEEK OF _____

- ☐ Protein: 148 g across suhoor, iftar and evening
- ☐ Water: 2.9 L between iftar and suhoor
- ☐ 4 sessions this week, at your chosen time
- ☐ Sleep: at least 6–7 hours in total, naps count
- ☐ Focus: keep your weights; add a walk after iftar.

	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

DAYS 22-

Last 10 nights: maintain, prioritise sleep, one set fewer per exercise

22

WEEK OF

- ☐ Protein: 148 g across suhoor, iftar and evening
- ☐ Water: 2.9 L between iftar and suhoor
- ☐ 4 sessions this week, at your chosen time
- ☐ Sleep: at least 6-7 hours in total, naps count
- ☐ Focus: protect sleep in the last ten nights; maintain, don't push.

	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

Daily fasting log

DAY	WEIGHT	SLEEP (H)	WATER (L)	SESSION	ENERGY

NOTES

Grid of dots 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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