

KILOPACE

TRAINING JOURNAL NO. 06

OCTOBER 19, 2026

Your 8-week walking journal

More steps, Japanese interval walking and incline days

4,500

STEPS TODAY

10,000

STEP GOAL BY WEEK 8

7.0 km

DISTANCE AT YOUR GOAL

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

Contents

03

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

05

How to use this journal

Good shoes matter more than any gadget.

Coaching notes

06

07

The programme

More steps, Japanese interval walking and incline days

Incline walking

08

Your 8-week plan

08

Ways to find more steps

09

Walking and fat loss

09

If this happens, do this

09

11

Weekly pages

Tick each session when it is done

20

Logs

Notes

22

References

24

CHAPTER 01

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

YOUR NUMBERS

More steps, Japanese interval walking and incline days

4,500

STEPS TODAY

10,000

STEP GOAL BY WEEK 8

7.0 km

DISTANCE AT YOUR GOAL

+257 kcal

EXTRA ENERGY AT YOUR GOAL

4

STRUCTURED WALKS / 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

Steps today: 4,500

Step goal by week 8: 10,000

Distance at your goal: ≈ 7.0 km

Extra energy at your goal: ≈ +257 kcal

Structured walks / week: 4

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Good shoes matter more than any gadget.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Track steps with your phone or watch; look at the weekly average, not single days.
- 02 Do the structured walks on any days; spread them through the week.
- 03 If you miss your step target, don't make it up the next day. Just carry on.
- 04 When a week feels easy, you are ready for the next.

“Swing your arms and stand tall; it makes fast walking easier.”

COACHING NOTES

- Good shoes matter more than any gadget.
- Every 1,000 extra daily steps is linked with better health outcomes, up to about 8,000–10,000.
- Walk outside when you can; daylight helps sleep and mood.
- Add two short strength sessions a week to protect muscle as you lose weight.

CHAPTER 03

The programme

More steps, Japanese interval walking and incline days

01

Japanese interval walking

Walk 3 minutes fast, then 3 minutes easy, and repeat. Researchers in Japan found that doing this on most days improved fitness, leg strength and blood pressure more than walking the same time at one pace.

- Fast means you can talk in short phrases but not sing (about RPE 7).
- Easy means a relaxed stroll where you recover your breath.
- Start with 3 rounds and build to 5 rounds (30 minutes).

02

Incline walking

Walking uphill burns more energy and works the glutes and calves without the impact of running. This plan builds the incline gradually from 5% towards 12%.

03

Your 8-week plan

WEEK	STEPS / DAY	WALKS	DISTANCE	ENERGY FROM STEPS
1	4,500	4	≈ 3.1 km	≈ 210
2	5,500	4	≈ 3.8 km	≈ 257
3	6,500	4	≈ 4.5 km	≈ 304
4	7,500	4	≈ 5.2 km	≈ 351
5	8,500	4	≈ 5.9 km	≈ 397
6	9,500	4	≈ 6.6 km	≈ 444
7	10,000	4	≈ 7.0 km	≈ 467
8	10,000	4	≈ 7.0 km	≈ 467

04

Ways to find more steps

- Walk for 10 minutes after each meal. It also helps blood sugar.
- Get off one stop early or park at the far end.
- Walk while on calls or listening to podcasts.
- Use stairs for anything under three floors.
- Set a walking pad under a standing desk for short blocks.
- Book a weekly long walk with a friend.

05

Walking and fat loss

Walking adds a steady daily energy burn without increasing hunger much. Combined with a modest calorie deficit and enough protein, it is one of the most sustainable ways to lose fat.

06

If this happens, do this

If you can't reach your step goal	Then split it into three 10-minute walks after meals and add 500 steps a week, not more
If your shins or feet hurt	Then cut the daily target back for a week, walk on softer surfaces, check shoes, and see a professional if pain lasts
If walking has become boring	Then change the route, add a podcast, walk with a friend, or add hills and short brisk intervals
If the scale isn't moving	Then give it 3–4 weeks, track waist and food portions, and keep the steps; walking helps health even when weight is stable
If the weather stops you	Then use a treadmill, shopping centre, stairs or a home walking video; count it the same
If you get blisters	Then wear moisture-wicking socks, make sure shoes fit with a thumb-width at the toe, and cover hot spots early

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

Daily target: 4,500 steps

01

WEEK OF _____

- ☐ Daily steps: 4,500
- ☐ Interval walk: 3 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 3 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 15 min at 5% incline, steady pace, no holding the rails
- ☐ Incline walk: 15 min at 5% incline, steady pace, no holding the rails
- ☐ Habit: a 10-minute walk after your biggest 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

WEEK

Daily target: 5,500 steps

02

WEEK OF _____

- ☐ Daily steps: 5,500
- ☐ Interval walk: 3 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 3 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 18 min at 6% incline, steady pace, no holding the rails
- ☐ Incline walk: 18 min at 6% incline, steady pace, no holding the rails
- ☐ Habit: a 10-minute walk after your biggest 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

WEEK

Daily target: 6,500 steps

03

WEEK OF _____

- ☐ Daily steps: 6,500
- ☐ Interval walk: 4 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 4 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 21 min at 7% incline, steady pace, no holding the rails
- ☐ Incline walk: 21 min at 7% incline, steady pace, no holding the rails
- ☐ Habit: a 10-minute walk after your biggest 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

WEEK

Daily target: 7,500 steps

04

WEEK OF _____

- ☐ Daily steps: 7,500
- ☐ Interval walk: 4 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 4 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 24 min at 8% incline, steady pace, no holding the rails
- ☐ Incline walk: 24 min at 8% incline, steady pace, no holding the rails
- ☐ Habit: a 10-minute walk after your biggest 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

WEEK

Daily target: 8,500 steps

05

WEEK OF _____

- ☐ Daily steps: 8,500
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 27 min at 9% incline, steady pace, no holding the rails
- ☐ Incline walk: 27 min at 9% incline, steady pace, no holding the rails
- ☐ Habit: take every phone call on your feet

	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

Daily target: 9,500 steps

06

WEEK OF _____

- ☐ Daily steps: 9,500
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 30 min at 10% incline, steady pace, no holding the rails
- ☐ Incline walk: 30 min at 10% incline, steady pace, no holding the rails
- ☐ Habit: take every phone call on your feet

	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

Daily target: 10,000 steps

07

WEEK OF _____

- ☐ Daily steps: 10,000
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 30 min at 11% incline, steady pace, no holding the rails
- ☐ Incline walk: 30 min at 11% incline, steady pace, no holding the rails
- ☐ Habit: take every phone call on your feet

	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

Daily target: 10,000 steps

08

WEEK OF _____

- ☐ Daily steps: 10,000
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Interval walk: 5 × (3 min fast at RPE 7 + 3 min easy)
- ☐ Incline walk: 30 min at 12% incline, steady pace, no holding the rails
- ☐ Incline walk: 30 min at 12% incline, steady pace, no holding the rails
- ☐ Habit: take every phone call on your feet

	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

Daily step log

NOTES

Grid of dotted lines for notes.

NOTES

Grid of dotted lines for notes.

REFERENCES

1. Paluch et al. (2022) Daily steps and all-cause mortality: a meta-analysis of 15 international cohorts. Lancet Public Health
<https://pubmed.ncbi.nlm.nih.gov/35247352/>
2. Nemoto et al. (2007) Effects of high-intensity interval walking training on physical fitness and blood pressure in middle-aged and older people. Mayo Clin Proc
<https://pubmed.ncbi.nlm.nih.gov/17605959/>
3. WHO Guidelines on Physical Activity and Sedentary Behaviour (2020)
<https://www.who.int/publications/i/item/9789240015128>

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

Made for you on October 19, 2026
This journal is personal to its buyer. Please do not redistribute.
Kilopace · kilopace.com