

KILOPACE

TRAINING JOURNAL NO. 05

OCTOBER 19, 2026

Your 28-day wall Pilates journal

15-minute sessions, sized to you and built around a wall

20

SESSIONS IN 28 DAYS

15 min

SESSION LENGTH

Full body

FOCUS

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

15-minute sessions, sized to you and built around a wall

20

SESSIONS IN 28 DAYS

15 min

SESSION LENGTH

Full body

FOCUS

17

MOVES

51 kcal

ENERGY PER SESSION

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

Sessions in 28 days: 20

Session length: 15 min

Focus: Full body

Moves: 17

Energy per session: ≈ 51 kcal

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Slow and controlled beats fast; the burn should be in the muscle, never in a joint.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Do the day's session even on low-energy days; 10 minutes counts.
- 02 Tick the circle, then write how long you held the hardest move.
- 03 Missed a day? Continue with the next one. Don't double up.
- 04 At day 28, repeat the plan at the next level or longer sessions.

“Breathe out as you lift or press; breathe in as you return.”

COACHING NOTES

- Slow and controlled beats fast; the burn should be in the muscle, never in a joint.
- Keep your lower back gently in contact with the floor in the lying moves.
- Pilates builds strength and posture; pair it with walking for heart health and calorie burn.
- Feeling stronger in daily life is the best sign it's working.

CHAPTER 03

The programme

15-minute sessions, sized to you and built around a wall

01

Set up your wall

- A clear, flat wall with about 2 metres of floor in front of it.
- A mat or folded blanket under your back and hips.
- Socks off or grippy socks, so your feet don't slide.
- A timer: your phone's interval timer or the times printed in this journal.

02

Your 28-day calendar

DAY	FOCUS	MOVES	WORK / REST
1	Full body	Wall glute bridge · Wall sit · Side-lying leg lift · Wall dead bug · Wall clam · Wall roll-down	3 rounds · 25 s on / 15 s off
2	Full body	Side-lying leg lift · Wall dead bug · Toe taps · Wall push-up · Wall roll-down · Wall chest opener	3 rounds · 25 s on / 15 s off
3	Full body	Toe taps · Wall push-up · Wall angels · Wall calf raise · Wall chest opener · Wall hamstring stretch	3 rounds · 25 s on / 15 s off
4	Rest or walk	20-minute walk or gentle stretching	
5	Full body	Wall angels · Wall calf raise · Wall glute bridge · Wall sit · Wall hamstring stretch · Wall clam	3 rounds · 25 s on / 15 s off
6	Full body	Wall glute bridge · Wall sit · Side-lying leg lift · Wall dead bug · Wall clam · Wall roll-down	3 rounds · 25 s on / 15 s off
7	Rest or walk	20-minute walk or gentle stretching	
8	Full body	Side-lying leg lift · Wall dead bug · Toe taps · Wall push-up · Wall roll-down · Wall chest opener	2 rounds · 30 s on / 15 s off
9	Full body	Toe taps · Wall push-up · Wall angels · Wall calf raise · Wall chest opener · Wall hamstring stretch	2 rounds · 30 s on / 15 s off
10	Full body	Wall angels · Wall calf raise · Wall glute bridge · Wall sit · Wall hamstring stretch · Wall clam	2 rounds · 30 s on / 15 s off
11	Rest or walk	20-minute walk or gentle stretching	
12	Full body	Wall glute bridge · Wall sit · Side-lying leg lift · Wall dead bug · Wall clam · Wall roll-down	2 rounds · 30 s on / 15 s off

08

DAY	FOCUS	MOVES	WORK / REST
13	Full body	Side-lying leg lift · Wall dead bug · Toe taps · Wall push-up · Wall roll-down · Wall chest opener	2 rounds · 30 s on / 15 s off
14	Rest or walk	20-minute walk or gentle stretching	
15	Full body	Side-lying leg lift · Wall dead bug · Toe taps · Wall plank · Wall roll-down · The hundred (feet on wall)	2 rounds · 35 s on / 15 s off
16	Full body	Toe taps · Wall plank · Wall push-up · Wall angels · The hundred (feet on wall) · Wall chest opener	2 rounds · 35 s on / 15 s off
17	Full body	Wall push-up · Wall angels · Wall calf raise · Wall glute bridge · Wall chest opener · Wall hamstring stretch	2 rounds · 35 s on / 15 s off
18	Rest or walk	20-minute walk or gentle stretching	
19	Full body	Wall calf raise · Wall glute bridge · Bridge march · Wall sit · Wall hamstring stretch · Wall clam	2 rounds · 35 s on / 15 s off
20	Full body	Bridge march · Wall sit · Wall squat pulses · Side-lying leg lift · Wall clam · Leg circles	2 rounds · 35 s on / 15 s off
21	Rest or walk	20-minute walk or gentle stretching	
22	Full body	Toe taps · Wall plank · Wall push-up · Wall angels · The hundred (feet on wall) · Wall chest opener	2 rounds · 40 s on / 15 s off
23	Full body	Wall push-up · Wall angels · Wall calf raise · Wall glute bridge · Wall chest opener · Wall hamstring stretch	2 rounds · 40 s on / 15 s off
24	Full body	Wall calf raise · Wall glute bridge · Bridge march · Wall sit · Wall hamstring stretch · Wall clam	2 rounds · 40 s on / 15 s off
25	Rest or walk	20-minute walk or gentle stretching	
26	Full body	Bridge march · Wall sit · Wall squat pulses · Side-lying leg lift · Wall clam · Leg circles	2 rounds · 40 s on / 15 s off
27	Full body	Wall squat pulses · Side-lying leg lift · Wall dead bug · Toe taps · Leg circles · Wall roll-down	2 rounds · 40 s on / 15 s off
28	Rest or walk	20-minute walk or gentle stretching	

Move library

EXERCISE	HOW TO DO IT
Wall glute bridge	Lie with feet flat on the wall, knees at 90°. Press through heels, lift hips, squeeze glutes, lower slowly.
Wall sit	Back flat on the wall, slide down until knees are bent (no lower than 90°). Hold, breathing steadily.
Side-lying leg lift	Lie on your side, soles against the wall. Lift the top leg sliding the heel up the wall, lower slowly.
Wall dead bug	On your back, press hands into the wall above you. Lower opposite leg slowly, keep lower back down.
Wall clam	Lie on your side, feet on the wall, knees bent. Open the top knee, keep feet together, close slowly.
Wall roll-down	Stand with your back on the wall. Roll down one vertebra at a time, then roll back up.
Toe taps	Lie with knees bent at 90°, feet on the wall. Lower one foot to tap the floor, return, switch.
Wall push-up	Hands on the wall at chest height, body straight. Lower your chest to the wall and press away.
Wall chest opener	Forearm on the wall at shoulder height, turn your chest away gently. Breathe for 30 seconds each side.
Wall angels	Back, head and arms on the wall. Slide arms up and down like a snow angel.
Wall calf raise	Hands lightly on the wall, rise onto your toes for 2 seconds, lower for 2.
Wall hamstring stretch	Lie in a doorway or by a wall corner with one leg up the wall. Relax and breathe.
Wall plank	Hands on the floor, feet walking up the wall to hip height. Hold a straight line.
The hundred (feet on wall)	Feet on the wall, head and shoulders lifted, pump the arms while breathing in for 5 and out for 5.
Bridge march	Hold the wall bridge and lift one foot off the wall at a time, hips level.
Wall squat pulses	From a wall sit, pulse up and down a few centimetres.
Leg circles	On your back, one foot on the wall, other leg up. Draw small circles, 5 each way.

04

If this happens, do this

If your lower back aches in bridges or leg work	Then press the lower back gently into the floor, shorten the range, and squeeze glutes before lifting
If your neck strains in the hundred or teaser	Then keep the head down on the mat or support it with one hand, and work from the abs, not the chin
If your feet slip on the wall	Then train barefoot or in grip socks and move your mat so knees sit at 90°
If the sessions feel too easy	Then slow every rep to 3 seconds down, add a pause, then progress to single-leg versions
If you skipped several days	Then restart with the shortest session today; consistency beats a perfect streak
If you feel pain, not effort, in a joint	Then skip that move, choose the easier version, and see a physio if it continues

05

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 moves

01

25 seconds per move • 3 rounds

WEEK OF _____

- Day 1: Wall glute bridge • Wall sit • Side-lying leg lift • Wall dead bug • Wall clam • Wall roll-down — 3 rounds • 25 s on / 15 s off
- Day 2: Side-lying leg lift • Wall dead bug • Toe taps • Wall push-up • Wall roll-down • Wall chest opener — 3 rounds • 25 s on / 15 s off
- Day 3: Toe taps • Wall push-up • Wall angels • Wall calf raise • Wall chest opener • Wall hamstring stretch — 3 rounds • 25 s on / 15 s off
- Day 5: Wall angels • Wall calf raise • Wall glute bridge • Wall sit • Wall hamstring stretch • Wall clam — 3 rounds • 25 s on / 15 s off
- Day 6: Wall glute bridge • Wall sit • Side-lying leg lift • Wall dead bug • Wall clam • Wall roll-down — 3 rounds • 25 s on / 15 s off

	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

Hold longer

02

30 seconds per move • 2 rounds

WEEK OF _____

- Day 8: Side-lying leg lift • Wall dead bug • Toe taps • Wall push-up • Wall roll-down • Wall chest opener — 2 rounds • 30 s on / 15 s off
- Day 9: Toe taps • Wall push-up • Wall angels • Wall calf raise • Wall chest opener • Wall hamstring stretch — 2 rounds • 30 s on / 15 s off
- Day 10: Wall angels • Wall calf raise • Wall glute bridge • Wall sit • Wall hamstring stretch • Wall clam — 2 rounds • 30 s on / 15 s off
- Day 12: Wall glute bridge • Wall sit • Side-lying leg lift • Wall dead bug • Wall clam • Wall roll-down — 2 rounds • 30 s on / 15 s off
- Day 13: Side-lying leg lift • Wall dead bug • Toe taps • Wall push-up • Wall roll-down • Wall chest opener — 2 rounds • 30 s on / 15 s off

	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

Add challenge

03

35 seconds per move · 2 rounds

WEEK OF _____

- ☐ Day 15: Side-lying leg lift · Wall dead bug · Toe taps · Wall plank · Wall roll-down · The hundred (feet on wall) — 2 rounds · 35 s on / 15 s off
- ☐ Day 16: Toe taps · Wall plank · Wall push-up · Wall angels · The hundred (feet on wall) · Wall chest opener — 2 rounds · 35 s on / 15 s off
- ☐ Day 17: Wall push-up · Wall angels · Wall calf raise · Wall glute bridge · Wall chest opener · Wall hamstring stretch — 2 rounds · 35 s on / 15 s off
- ☐ Day 19: Wall calf raise · Wall glute bridge · Bridge march · Wall sit · Wall hamstring stretch · Wall clam — 2 rounds · 35 s on / 15 s off
- ☐ Day 20: Bridge march · Wall sit · Wall squat pulses · Side-lying leg lift · Wall clam · Leg circles — 2 rounds · 35 s on / 15 s off

	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

Own it

04

40 seconds per move · 2 rounds

WEEK OF _____

- ☐ Day 22: Toe taps · Wall plank · Wall push-up · Wall angels · The hundred (feet on wall) · Wall chest opener — 2 rounds · 40 s on / 15 s off
- ☐ Day 23: Wall push-up · Wall angels · Wall calf raise · Wall glute bridge · Wall chest opener · Wall hamstring stretch — 2 rounds · 40 s on / 15 s off
- ☐ Day 24: Wall calf raise · Wall glute bridge · Bridge march · Wall sit · Wall hamstring stretch · Wall clam — 2 rounds · 40 s on / 15 s off
- ☐ Day 26: Bridge march · Wall sit · Wall squat pulses · Side-lying leg lift · Wall clam · Leg circles — 2 rounds · 40 s on / 15 s off
- ☐ Day 27: Wall squat pulses · Side-lying leg lift · Wall dead bug · Toe taps · Leg circles · Wall roll-down — 2 rounds · 40 s on / 15 s off

	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

28-day log

05

NOTES

Grid of dots for notes.

NOTES

Handwriting practice area consisting of a grid of dotted lines on a light gray background.

REFERENCES

1. WHO Guidelines on Physical Activity and Sedentary Behaviour (2020)

<https://www.who.int/publications/i/item/9789240015128>

2. ACSM Position Stand: Quantity and Quality of Exercise (Garber et al., 2011)

<https://pubmed.ncbi.nlm.nih.gov/21694556/>

3. NHS: Strength and flexibility exercises

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

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

Made for you on October 19, 2026

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