

KILOPACE

TRAINING JOURNAL NO. 11

OCTOBER 19, 2026

Your Zone 2 & V02 max journal

Twelve weeks of easy aerobic base and a weekly hard session,
for long-term health

131–143 bpm

YOUR ZONE 2

177 bpm

ESTIMATED MAX HEART RATE

180 min / week

ZONE 2 GOAL

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

Twelve weeks of easy aerobic base and a weekly hard session, for long-term health

131–143 bpm 177 bpm

YOUR ZONE 2

ESTIMATED MAX HEART RATE

180 min / week 90 min

ZONE 2 GOAL

START AT

160–171 bpm

4×4 INTERVAL ZONE

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

Your zone 2: 131–143 bpm

Estimated max heart rate: 177 bpm

Zone 2 goal: 180 min / week

Start at: 90 min

4×4 interval zone: 160–171 bpm

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Most people run their easy days too hard. Slower is the point.

HOW TO USE THIS JOURNAL

How to use this journal

- 01** Wear a chest strap if you can; wrist sensors drift at higher intensities.
- 02** Spread zone 2 across the week; one long session plus shorter ones works best.
- 03** Keep the 4×4 at least two days away from your longest session.
- 04** Retest your resting heart rate every four weeks; when it drops, your zones shift.

“Heart rate creeps up in heat, with caffeine and after poor sleep; slow down to stay in range.”

COACHING NOTES

- Most people run their easy days too hard. Slower is the point.
- Expect resting heart rate to fall and zone 2 pace to improve within 6–8 weeks.
- Strength training twice a week protects muscle and bones alongside your cardio.
- Fuel long sessions over 75 minutes with water and some carbohydrate.
- Cardiorespiratory fitness is one of the strongest predictors of long-term health. Consistency beats intensity.

CHAPTER 03

The programme

Twelve weeks of easy aerobic base and a weekly hard session,
for long-term health

01

What zone 2 feels like

“If you can speak in full sentences but would rather not sing, you are in zone 2.”

Zone 2 is steady aerobic work just below the point where breathing gets noticeably harder. It builds the mitochondria and capillaries that make every other kind of fitness easier, and it is easy enough to repeat most days. Your numbers below come from the Tanaka maximum heart rate equation, using your resting heart rate when you gave one.

ZONE	BPM	HOW IT FEELS
Zone 1 • recovery	120–131	Very easy, warm-ups and recovery days
Zone 2 • aerobic base	131–143	Steady, conversational, nose-breathing possible
Zone 4 • 4×4 intervals	160–171	Hard; a few words at a time

02

Your 12-week plan

WEEK	PHASE	MINUTES	4 × 4
1	Base	90 min	—
2	Base	100 min	—
3	Base	115 min	—
4	deload	95 min	—
5	Build	135 min	Yes
6	Build	145 min	Yes
7	Build	160 min	Yes
8	deload	125 min	—

WEEK	PHASE	MINUTES	4×4
9	Peak	180 min	Yes
10	Peak	180 min	Yes
11	Peak	180 min	Yes
12	deload	135 min	—

03

The Norwegian 4×4

Four 4-minute intervals at 85–95% of maximum heart rate with 3-minute easy recoveries. In a 2007 study this format improved VO2 max more than the same work done at a moderate steady pace.

- The first interval should feel controlled; the last one hard but finishable.
- Heart rate lags: judge the first minute of each interval by breathing, not the watch.
- Use a bike, rower or hill if running hard hurts your joints.

04

Choosing your mode

- Walking: add incline or a weighted vest when flat walking no longer reaches zone 2.
- Running: zone 2 is usually much slower than you expect; walk the hills to stay in range.
- Bike: the easiest way to hold a steady heart rate for long sessions and the kindest on joints.
- Rower: keep the stroke rate around 18–22 and drive with the legs.

05

If this happens, do this

If your heart rate shoots above zone 2 when you run	Then walk the hills or switch to the bike; zone 2 pace improves within weeks
If your watch and the talk test disagree	Then trust the talk test and check the strap; wrist sensors drift
If the 4×4 leaves you wrecked for days	Then shorten each interval to 3 minutes and keep the recoveries
If resting heart rate is 5+ beats higher than usual	Then make the day easy or rest; you're under-recovered or getting ill

If you're short on time	Then do one long session at the weekend and short ones on weekdays
If you feel chest pain, faintness or an irregular pulse	Then stop and seek medical help

06

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

Base

01

90 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Twice this week: 20 minutes of full-body strength

	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

Base

02

100 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Twice this week: 20 minutes of full-body strength

	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

Base

03

115 minutes of zone 2 this week • 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 30 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 30 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 30 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 49 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Twice this week: 20 minutes of full-body strength

	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

deload

04

95 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 25 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 46 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Twice this week: 20 minutes of full-body strength

	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

Build

05

135 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 45 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 45 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 68 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Norwegian 4×4: 10 min easy, then 4 × (4 min at 160–171 bpm + 3 min easy), 5 min easy
- ☐ Twice this week: 20 minutes of full-body strength

	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

Build

06

145 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 50 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 50 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 75 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Norwegian 4×4: 10 min easy, then 4 × (4 min at 160–171 bpm + 3 min easy), 5 min easy
- ☐ Twice this week: 20 minutes of full-body strength

	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

Build

07

160 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 55 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 55 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 82 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Norwegian 4×4: 10 min easy, then 4 × (4 min at 160–171 bpm + 3 min easy), 5 min easy
- ☐ Twice this week: 20 minutes of full-body strength

	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

deload

08

125 minutes of zone 2 this week • 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 30 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 30 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 30 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 59 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Twice this week: 20 minutes of full-body strength

	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

Peak

09

180 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 60 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 60 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 90 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Norwegian 4×4: 10 min easy, then 4 × (4 min at 160–171 bpm + 3 min easy), 5 min easy
- ☐ Twice this week: 20 minutes of full-body strength

	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

Peak

10

180 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 60 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 60 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 90 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Norwegian 4×4: 10 min easy, then 4 × (4 min at 160–171 bpm + 3 min easy), 5 min easy
- ☐ Twice this week: 20 minutes of full-body strength

	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

Peak

11

180 minutes of zone 2 this week · 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 60 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 60 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 90 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Norwegian 4×4: 10 min easy, then 4 × (4 min at 160–171 bpm + 3 min easy), 5 min easy
- ☐ Twice this week: 20 minutes of full-body strength

	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

deload

12

135 minutes of zone 2 this week • 131–143 bpm

WEEK OF _____

- ☐ Zone 2: 35 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 35 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Zone 2: 35 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Long zone 2: 72 min of your choice of walking, bike or rower at 131–143 bpm
- ☐ Twice this week: 20 minutes of full-body strength

	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

Cardio log

05

DATE	SESSION	MINUTES	AVERAGE HR	NOTES

NOTES

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

NOTES

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

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

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