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A LITTLE JOY FOR EVERY DAY

Sizes: 32 - 46 / 48 - 60

Difficulty: Beginners



Pattern for women's sweatpants HOME



"There is no need to do only big things in life,
concentrate on small ones and do them with great love."





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This is a guide in which you will find all the important information you will need when sewing and working with pattern files. I recommend that you read this PDF file before you start working on your piece.

CONTENTS:

- How to work with an electronic pattern
 - What an electronic pattern like looks like
 - How to assemble the pattern before sewing
- Pattern adjustments
 - Width adjustments
 - Length adjustments
- **Information and recommendations for this particular pattern**
 - Technical parameters & diagrams
 - Pattern diagram
 - Recommended material & Fabric requirements
 - Layout plan
 - Where to find sewing instructions & Where to get advice
- General sewing info
 - Types of textile materials
 - How to lay out a sewing pattern
 - Markings on sewing patterns
- Size charts
- Tips for achieving the best results

TIP: SHARED JOY IS A DOBLE JOY

Enjoy sewing as much as you can and if you feel like it, share your pieces on social networks and tag them with
@picollysewingpatterns
or **#picollycom**

QR CODES

In this PDF guide and on the pattern itself, you will find QR codes, thanks to which you can easily get to specific articles and tutorials that I have prepared for you. How to use QR codes? Simply use your smartphone (its camera or QR code scanner) to scan the QR code and you will be immediately referred to a related article. QR codes are especially useful when you decide to print this guide. They allow you to access information without having to type long URLs.

You can also access the articles simply by clicking on the related link in the electronic version of the guide.



QR codes look like this

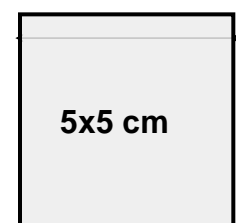


HOW TO DOWNLOAD, OPEN AND PRINT THE PATTERN

I strongly recommend that you perform the following steps **on a computer** (not a phone or other mobile device) to avoid problems associated with corrupted / distorted files.

1. The pattern is in electronic form. Download it by clicking on the link in the email you will receive after purchase.
2. The downloaded file is in ZIP format because it consists of a folder that contains several individual files. You need to extract the files to access them.
3. Print the pattern at 100% scale (do not increase or decrease the scale). In some cases, it is necessary to print in a Poster mode.

The pattern always contains a reference square that allows you to verify that the print scale is correct. First, print only the page that contains the reference square and measure it. If the length of the sides of the square matches the dimensions written in it, you can print the rest of the file. Otherwise, you need to adjust the print settings in a dialog box on your computer.



Detailed information on how to work with an electronic pattern can be found here:

<https://www.picolly.com/how-to-download-open-print-assemble-your-pattern/>



HOW TO ASSEMBLE THE PATTERN

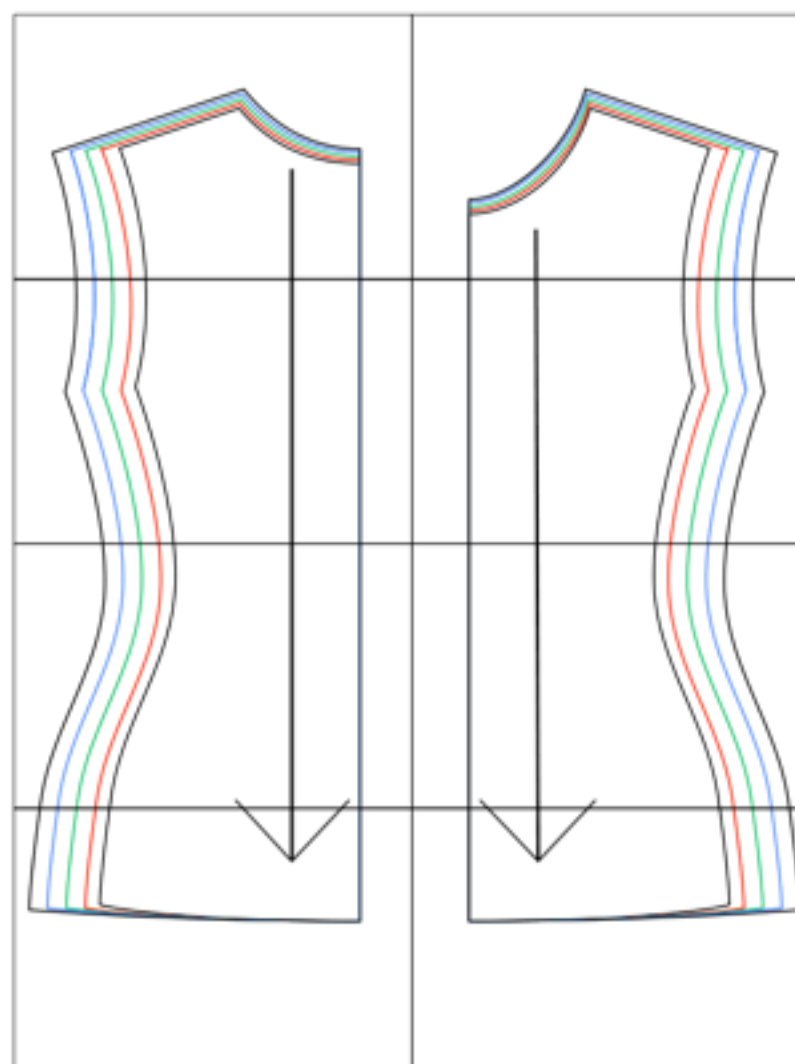
Your pattern contains its pattern diagram that shows how the pattern is broken down into individual pages. This diagram will help you assemble the pattern correctly. Arrange the individual pages according to the pattern diagram. If you print the pages in the order, they are in the pattern file, you have them arranged straight away as they follow each other.

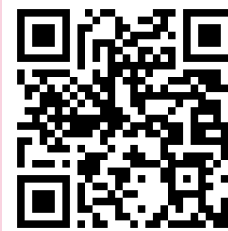
Align the related points (corners) of the pages (they are marked with letters). Fold (or trim) the margins of the pages to make the sections of the pattern pieces tile seamlessly.

Detailed instructions for this procedure can be found here:



<https://www.picolly.com/how-to-assemble-the-paper-pattern-from-a4-pages-in-6-steps-correct-and-simple-way/>





If you have any questions, please do not hesitate to contact me at: petra@picolly.com

WHAT AN ELECTRONIC PATTERN LOOKS LIKE AND HOW TO WORK WITH IT

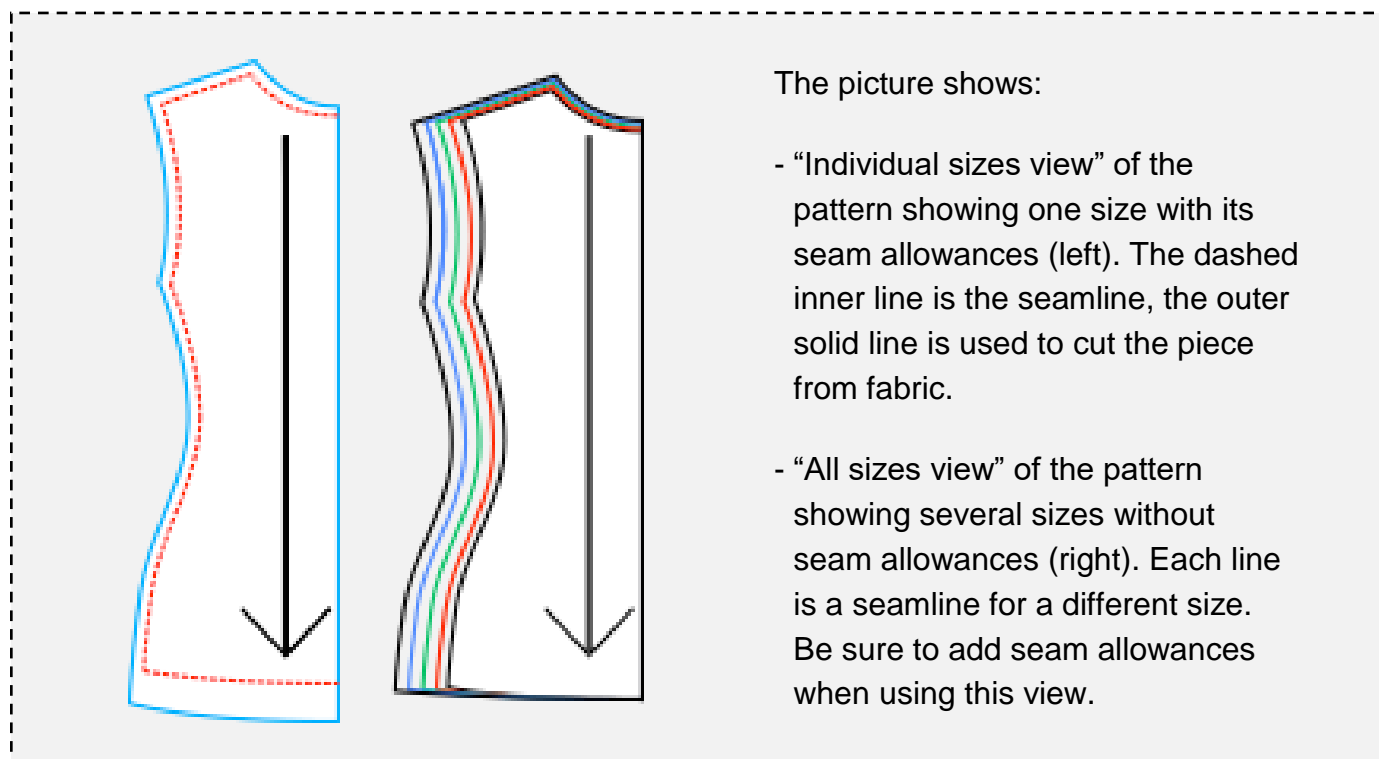
The pattern is in PDF and is optimized for printing on home printers in A4 format. There is also A0 / A1 format which is suitable for printing on an office plotter or in a copy center. There are three versions (views) of this pattern:

1. **PDF A4 version showing individual sizes with their seam allowances** – This pattern view contains all the necessary seam allowances. Seamlines are marked in red, and the overall shape of the pieces (incl. seam allowances) in blue. When using this view, cut the pieces exactly according to the template (blue outer lines) – do not add seam allowances.
2. **PDF A4 version showing all sizes without seam allowances in one picture** – This pattern view doesn't contain seam allowances. When using this view, you have to transfer the pieces to the fabric and add seam allowances yourself. Then the pieces can be cut out.
3. **PDF A0 / A1 version** – Large format view with all sizes in one picture (no seam allowances).

SEAM ALLOWANCES

Seam allowance is the area between the edge of the fabric and the seamline. The seam allowances are usually 1 - 2 cm wide, but the width may vary depending on the type of pattern (whether it is designed for woven fabrics or knits) and their location on the pattern. For example, in the side seams, they may be wider than 2 cm, while in the neck opening or armholes, they may be only 0.75 cm wide. Hem seam allowances are one type of seam allowance. They are used to finish the edges of the garment (not to attach another piece of fabric). You can find them on the bottom hems of T-shirts and skirts, or maybe at the ends of the sleeves. Hem seam allowances are usually 3 - 4 cm wide.

The correct size of all seam allowances is always indicated in “individual sizes view” of my patterns.





WIDTH ADJUSTMENTS

If you want to tailor the pattern so that the garment fits you perfectly, or you need to upscale / downscale it by 1 - 2 sizes, I recommend reading this summary article, which also contains video tutorial on how to make specific adjustments:

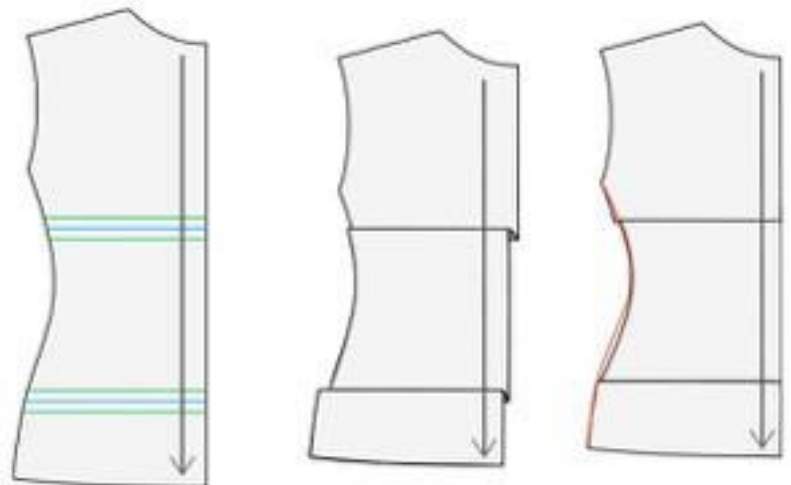
<https://www.picolly.com/how-to-adjust-your-pattern-for-a-perfect-fit-video-tutorial/>



LENGTH ADJUSTMENTS

Sewing patterns are usually designed for an average body height (168 cm for women & 180 cm for men). Start by standing next to the mirror and lightly pressing the paper pattern to your body. This is the easiest way to see where it needs to be shortened or extended. Mark these places with lines that are perpendicular to the grainline (large arrow that indicates the correct orientation of the pieces).

If you want to shorten the garment, draw another two lines above and below your original line. The distance between these two new lines determines how much you shorten the pattern. Fold the pattern piece so that the new lines lie on top of each other and glue the fold in this position. It is necessary to shorten the adjacent part(s) in the same way. For example, if you shortened the front piece, now shorten the back piece and vice versa. If you shorten the pattern in its top part and the adjustment affects the armholes, you will also need to adjust your sleeve pieces. Shorten the height of the sleeve head by the same amount as the front / back piece. However, this step also reduces the overall length of the sleeve. If you want the sleeve to have the original length, then you need to extend near the elbow area (by the same amount). Don't forget to draw your new side seam (and armhole) as a smooth curve.

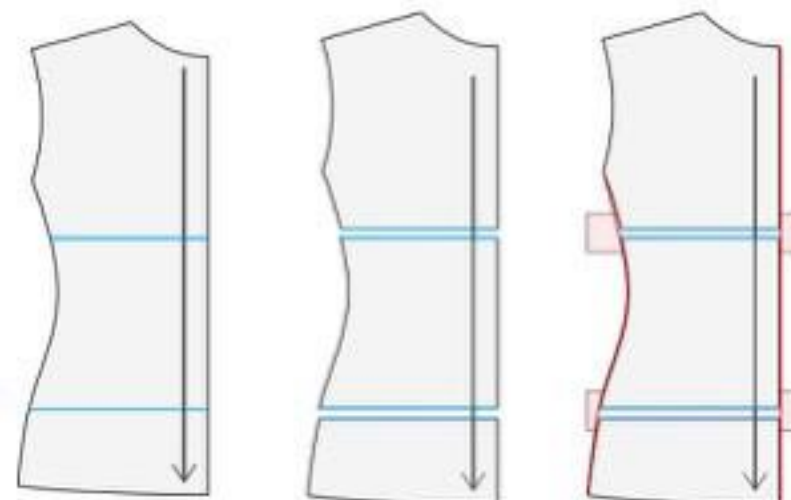


If you want to extend the length, the procedure is similar. Press the paper pattern to your body and find the places where the pattern needs to be extended.

Mark these places with lines that are perpendicular to the grainline. Cut the pattern along this line and move the individual parts apart by the required distance. It is important to extend the front and back pieces by the same amount (and in the same places) so that they can be connected later. Insert a strip of paper into the gap and glue both parts of the pattern to it. If the change affects the shape of the armhole, you will also need to adjust the sleeve head.

Extend the sleeve head but remember that the overall length of the sleeve will increase.

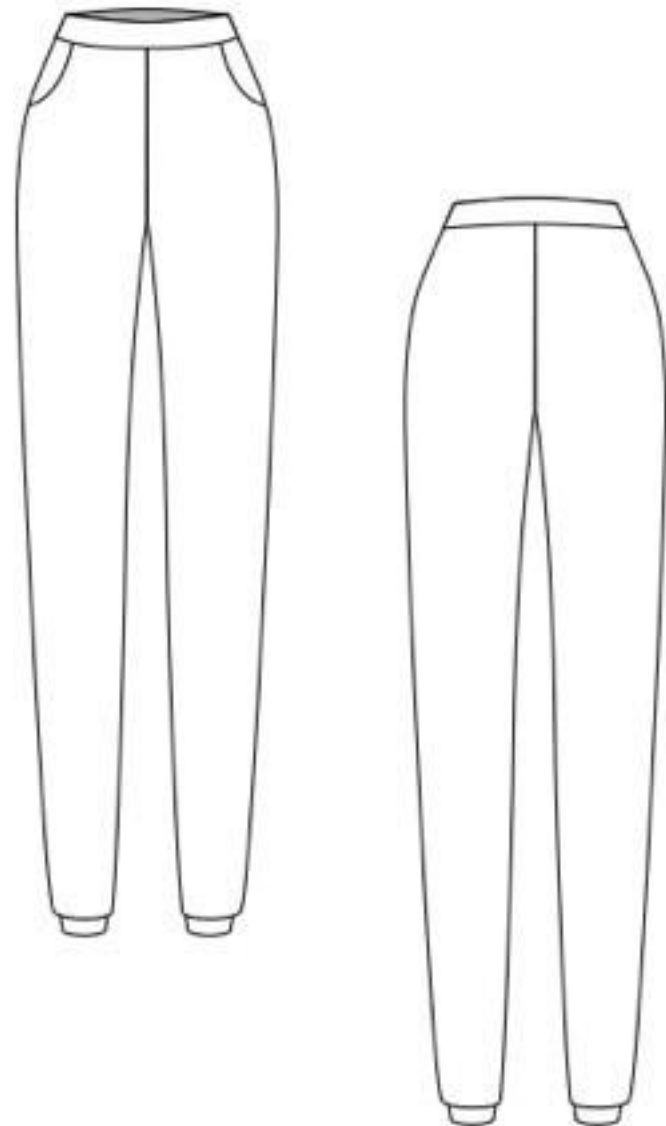
If necessary, shorten the total length of the sleeve in the elbow area. Don't forget to draw your new side seam (and armhole) as a smooth curve.





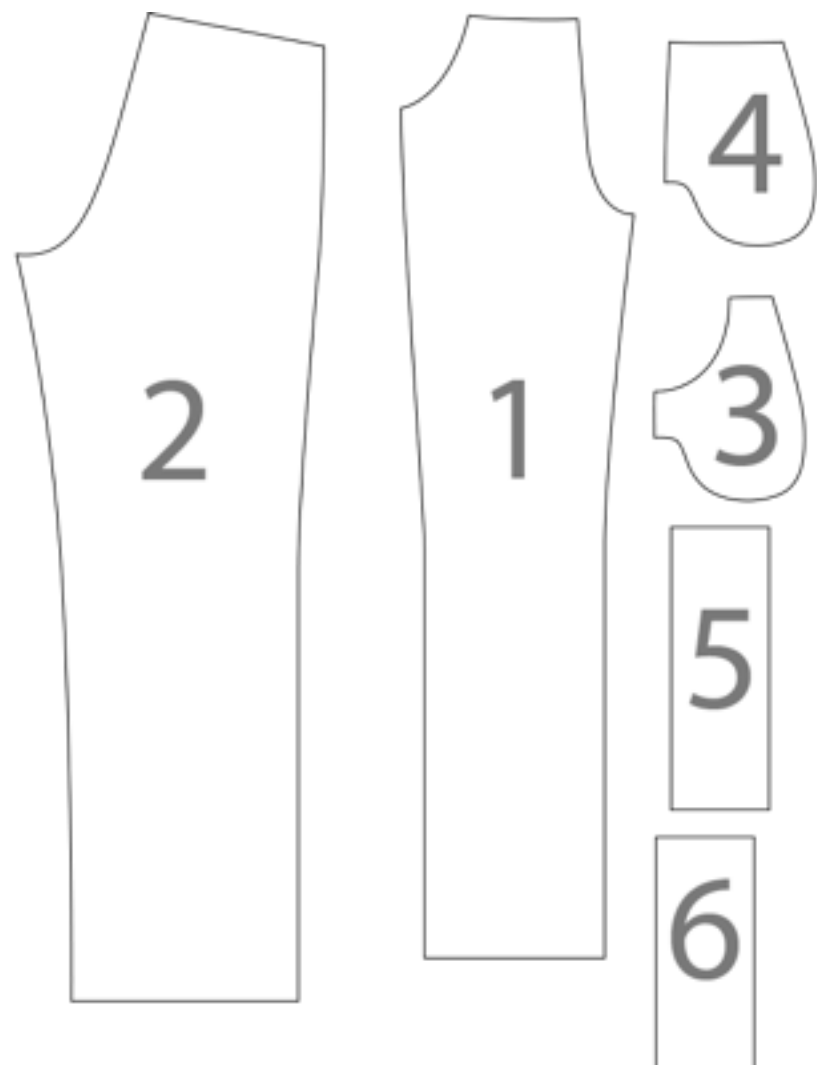
TECHNICAL PARAMETERS

- **Size:** 32 - 46 or 48 - 60
- **Difficulty level:** Beginners ●●○○○
- **Material:** Knits
- **Silhouette:** loose-fitting



PATTERN PIECES

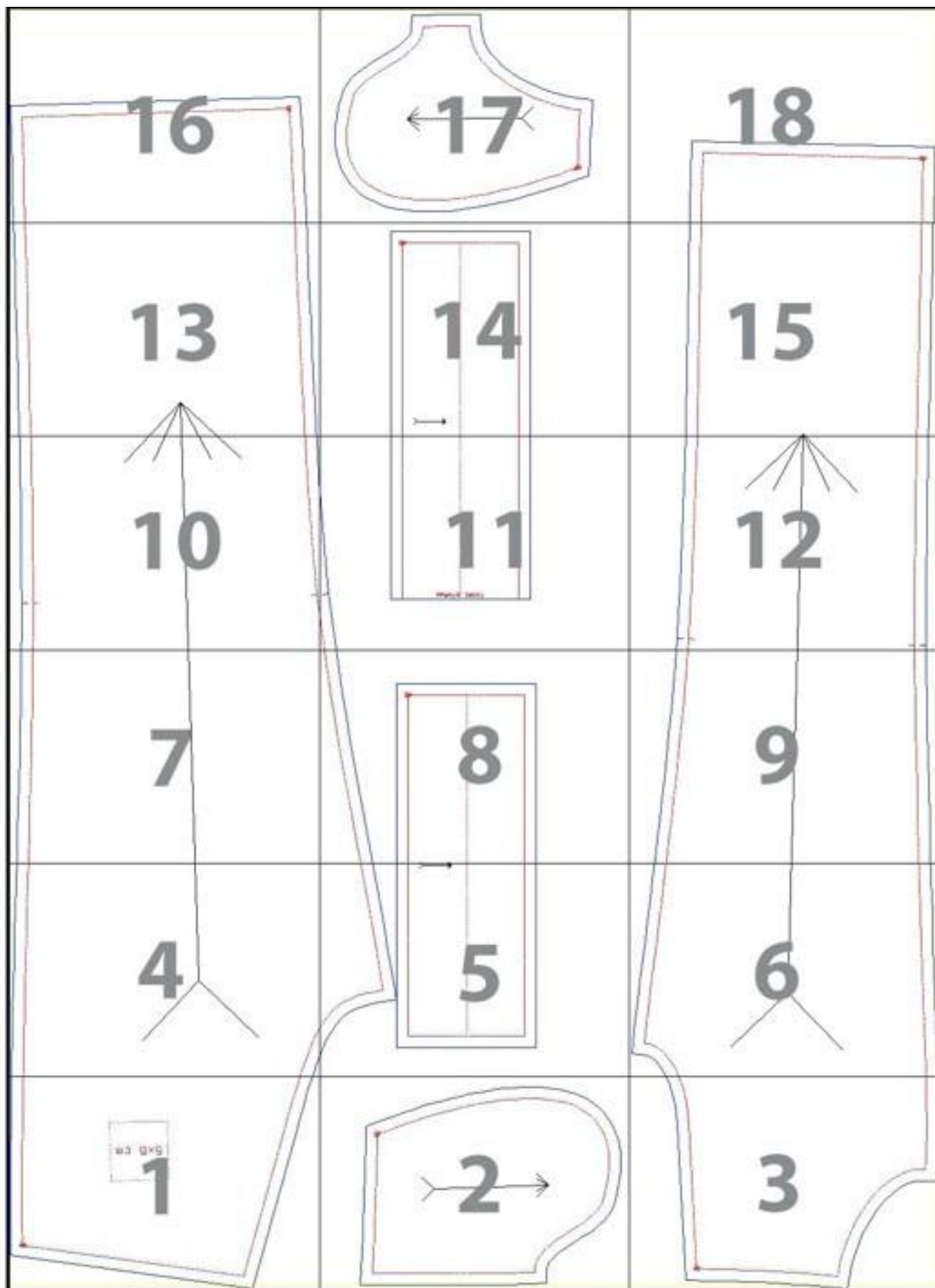
- front piece (1)
- back piece (2)
- pocket piece with opening (3)
- whole pocket piece (4)
- waistline hem (5)
- leg opening hem (6)





PATTERN DIAGRAM

The picture below shows PDF A4 pattern (individual sizes view - size 40) with seam allowances. This diagram will help you imagine how the pattern is divided into individual pages and what it looks like. The layout may vary a little from size to size – I always try to arrange the pieces efficiently. Exact pattern diagram for each pattern (each version and size) can be found right on the pattern itself.





SEWING INSTRUCTIONS

Each piece is marked with a large number.

Individual seams are marked with a small number in parentheses. This number determines the order in which the seams should be sewn. This makes the procedure easier for the less experienced seamstresses.

HOW TO SEW SWEATPANTS

Detailed sewing instructions can be found here:

<https://www.picolly.com/how-to-sew-simple-sweatpants-with-knit-hems-pockets-video-tutorial-for-kids-womens-sweatpants/>



WHAT YOU SHOULD KNOW BEFORE YOU BEGIN

Useful information you should know before you start sewing can be found here: <https://www.picolly.com/c/before-you-start/>

What you
should know
before you
begin



FURTHER INSTRUCTIONS AND TIPS

I'm constantly preparing articles with tutorials, sewing instructions for individual patterns and tips & and tricks for you. You can find all these articles here: <https://www.picolly.com/c/tutorials-and-patterns/>

All articles
with sewing
instructions:



SEWING STRETCH FABRICS WITH A REGULAR SEWING MACHINE

Elastic materials should be sewn on an overlocker. But if you don't have it, you can use your regular sewing machine. Just follow a few simple tips that you'll find in this article:

<https://www.picolly.com/sewing-elastic-fabrics-on-regular-sewing-machine-4-steps-to-success-sewing-knits/>

Sewing
without an
overlocker





RECOMMENDED MATERIAL

The pattern for women's sweatpants HOME is designed for **knits** (elastic materials) of medium thickness. You can use tracksuit fabric with elastane, for example.

Thin one-sided fusible facing to reinforce the pocket openings and waistline & leg hems.

FABRIC REQUIREMENTS

(for 140 cm wide fabric)

- sizes 32 - 38: 120 cm
- sizes 40 - 50: 200 cm
- sizes 52 - 60: 240 cm
- knit for hems - 40 cm (all sizes)
- contrasting fabric for pockets - 30 cm (all sizes)

LAYOUT PLAN

(all seam allowances are 1 cm wide)

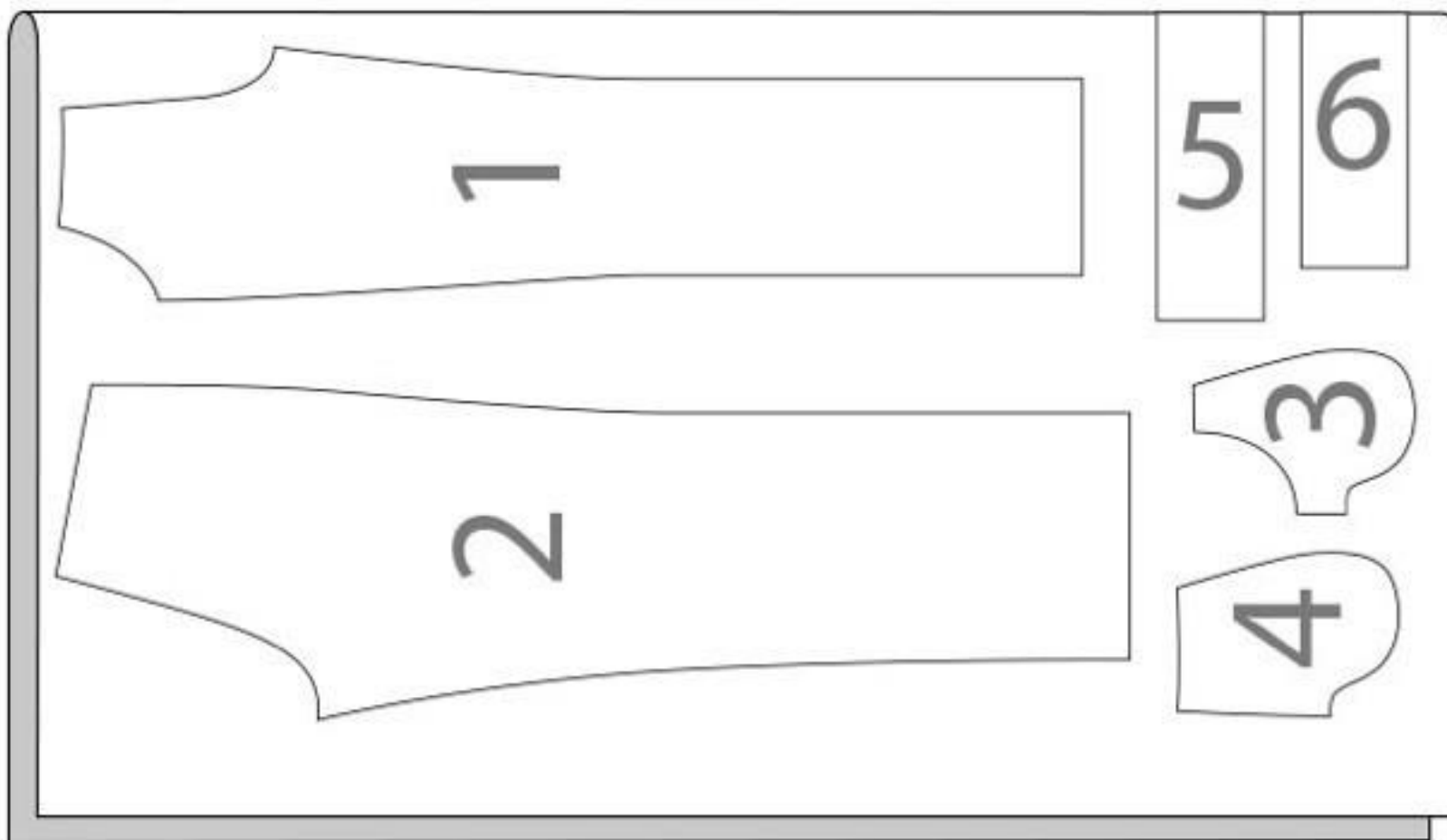
Main fabric pieces:

- 2x front piece
- 2x back piece
- 2x pocket piece with opening
- 2x whole pocket piece

Knit hems:

- 1x waistline hem (folded fabric cut)
- 2x leg hem

You can arrange the pieces on the fabric as follows:





TYPES OF TEXTILE MATERIALS

There are two basic groups of textile materials - knits and woven fabrics.

Woven fabrics are produced in weaving mills on looms. You can probably imagine a simple frame loom on which the warp threads are stretched, and a weft thread is threaded between them, which creates a flat woven fabric. In industrial weaving mills, of course, looms are much more complex and the whole process is much more complicated, but the idea of a simple loom will work for us here. The number, size and arrangement of the warp and weft threads in the loom determine the weave of the fabric, i.e. the way in which the weft thread is interwoven between the warp threads. This thread arrangement is called type of weave. The important thing is that the **woven fabrics** themselves (without elastane) **are rigid**.

Knits are created on knitting machines. You can imagine knit as a plane of intertwined loops. There are many different types of knits. By their very nature, **knits are elastic**, either in one or both directions. Knits are usually more flexible in width than in length. The loops that make up the knit can stretch, hence the primary (natural) elasticity. In addition, if the knit contains elastic fibers (elastane), it is even more elastic (secondary elasticity).

Elastane also extends the life of the knit. When you stretch an elastane-free knit often, over time the loops lose their ability to retract to their original shape and the knit as a whole loses elasticity. Therefore, only use knits with added elastic fibers for clothes that are exposed to a higher level of stress (leggings, tight T-shirts), otherwise the elbows and knees will start to "sag".

Further information on the types of textile materials can be found here:

<https://www.picolly.com/types-of-textile-materials-woven-fabrics-knits-natural-synthetic/>



FABRIC WEIGHT

The weight (grammage) of the fabric is usually given in grams per square meter (g/m^2). The weight depends on the density of the fabric and on the strength of the individual fibers and thus also on the strength of the yarn used. If you want to sew a T-shirt for the winter, you should be looking for heavier (thicker) knits, usually over 200 g/m^2 , for a summer T-shirt a knit with a weight of around 120 g/m^2 will be suitable.

ELASTICITY

Elasticity is a very important property. You need to know the elasticity, for example, if you want to find out whether a particular fabric is suitable for some close-fitting pattern / garment. The material can be naturally elastic (primary elasticity),

or it can gain elasticity due to the content of the elastic fiber (secondary elasticity). Elastic fibers added to knits increase the elasticity and prolong their service life. Further reading on elasticity and instructions on how to determine the elasticity of a fabric and its suitability for your specific project can be found in this article: <https://www.picolly.com/how-to-test-the-elasticity-of-your-material/>





PATTERN PIECES POSITIONING

The pattern contains a reference line / grainline (large arrow). This determines the direction in which the pattern should be placed on the fabric. If there is no note near the grainline, you should position the pattern "along the thread" (along the warp threads, along the lengthwise grain - for woven fabrics) or "along the rib" (for knits).

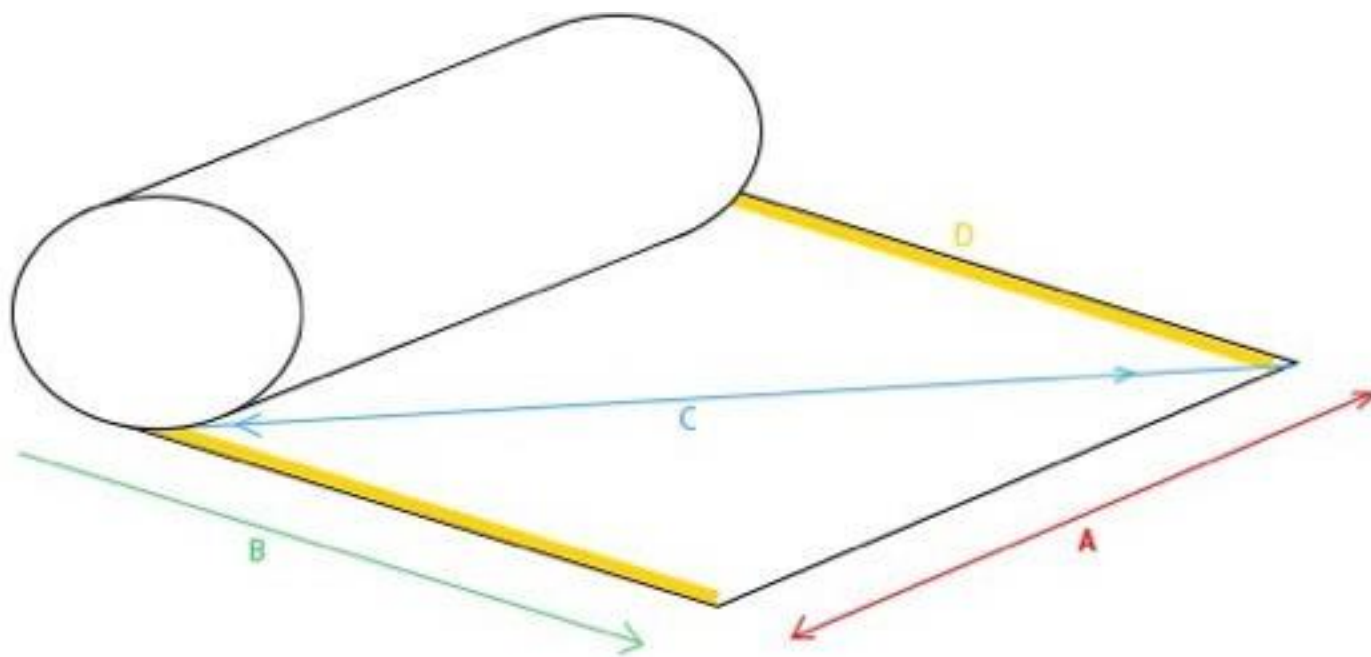
In some cases, however, you may also encounter patterns requiring "diagonal positioning / positioning along the bias" - basic circle or half circle skirts are like that - or "along the weft / along the crosswise grain" - for example, for knits that are more flexible in the direction of the ribs than along the weft.

A – Direction of the weft threads (width of the fabric). If the pattern should be positioned along the crosswise grain, align the grainline with the weft threads. This is called "along the weft". The weft thread is always perpendicular to the warp thread.

B - Direction of the warp threads (woven fabric) or ribs (knits). When the pattern should be positioned in the direction of the warp thread, place it on the fabric so that the grainline follows the direction of the warp threads (or ribs). This is called "along the thread" or "along the rib". This method of positioning is the most common.

C - Diagonal positioning. Grainline on the pattern must form an angle of exactly 45° with the selvage of the fabric, this is called "diagonal positioning" or "positioning along the bias".

D – Selvage. These are the edge of the fabric going in the direction of the warp threads or ribs, they are usually several centimeters wide and they are not used for sewing. Selvages are used to attach the fabric to the frame of the loom during production. They run along the entire length of the fabric. These parts of the fabric are of lower quality and do not have the required (same) properties as the rest of the fabric.



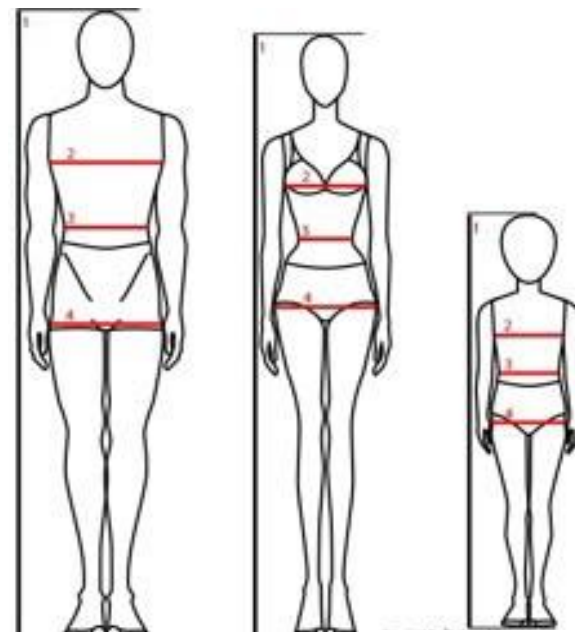
MARKINGS ON SEWING PATTERNS

The pattern contains marks that help to correctly align the individual pieces. You will always find the meaning of specific marks in the sewing instructions. The patterns also contain marks of an informative nature. In the case of tops, these may be, for example, marks on the side seam which show the position of the waistline or hips. These marks are especially useful if you need to slightly narrow or widen the pattern in one of these sections. These markers indicate where the cut can/should be adjusted. Patterns for tops usually contain a corresponding marks on the sleeve pieces and on the front piece. These are used to properly connect the sleeves to the torso. They will help you sew the sleeve correctly - for example, when using them, you cannot mix up the sleeves. Patterns for pants sometimes have marks indicating the knee area. Always carefully transfer all important marks to the fabric. Thanks to them, you will be able to easily and accurately sew even long seams without risking inaccuracies.



HOW TO CHOOSE THE RIGHT SIZE

Select the size of the pattern based on the size chart, which utilizes body dimensions, not according to the size in which you usually buy clothes. Select the sizes of the tops (T-shirts, sweatshirts, jackets, etc.) according to the circumference of the chest (2), the size of the bottom garments (trousers, skirts, etc.) according to the circumference of the hips (4). When sewing dresses, it is necessary to consider both the circumference of the chest and the circumference of the seat, while the circumference of the chest is more important. The waist circumference (3) is an auxiliary dimension. Children's sizes are primarily selected according to the height. The suitability of the selected size is further assessed according to the circumference of the chest or hips (depending on the type of garment).



To properly measure your body dimensions, take off your clothes (you can keep your underwear on) and stand upright. Do not hold your breath. The numbers in the size charts are body dimensions in centimeters.

For more information on patterns, pattern design, and sizes, see this article:

<https://www.picolly.com/what-is-a-clothing-pattern-how-to-choose-a-correct-size-and-why-you-may-need-to-adjust-your-pattern-a-bit/>



SIZE CHART - WOMEN'S SIZES

(for average height - 168 cm)

| Size | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 |
|-------|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Chest | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 110 | 116 | 122 | 128 | 134 | 140 | 146 |
| Waist | 58 | 62 | 66 | 70 | 74 | 78 | 82 | 86 | 92 | 98 | 104 | 110 | 116 | 122 | 128 |
| Hips | 82 | 86 | 90 | 94 | 98 | 102 | 106 | 110 | 116 | 122 | 128 | 134 | 140 | 146 | 152 |

SIZE CHART - CHILDREN'S SIZES (CLASSIC)

| Size | 80 | 86 | 92 | 98 | 104 | 110 | 116 | 122 | 128 | 134 | 140 | 146 | 152 | 158 | 164 |
|--------|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Height | 80 | 86 | 92 | 98 | 104 | 110 | 116 | 122 | 128 | 134 | 140 | 146 | 152 | 158 | 164 |
| Chest | 50 | 52 | 54 | 55 | 56 | 57 | 58 | 60 | 61 | 63 | 64 | 67 | 71 | 74 | 78 |
| Waist | 50 | 52 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 62 | 61 | 63 | 65 | 67 | 69 |
| Hips | 55 | 56 | 58 | 59 | 61 | 63 | 65 | 67 | 69 | 71 | 74 | 78 | 82 | 86 | 90 |

SIZE CHART - CHILDREN'S SIZES (SLIM)

| Size | 80 | 86 | 92 | 98 | 104 | 110 | 116 | 122 | 128 | 134 | 140 | 146 | 152 | 158 | 164 |
|--------|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Height | 80 | 86 | 92 | 98 | 104 | 110 | 116 | 122 | 128 | 134 | 140 | 146 | 152 | 158 | 164 |
| Chest | 46 | 48 | 50 | 51 | 52 | 53 | 54 | 56 | 57 | 59 | 60 | 62 | 64 | 66 | 68 |
| Waist | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 57 | 59 | 61 | 63 | 65 |
| Hips | 51 | 52 | 54 | 55 | 57 | 59 | 61 | 63 | 65 | 67 | 70 | 74 | 77 | 80 | 83 |

SIZE CHART - MEN'S SIZES (for average height - 180 cm)

| Size | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 |
|-------|------|----|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Chest | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 |
| Waist | 76 | 80 | 84 | 88 | 92 | 96 | 102 | 108 | 114 | 120 | 126 | 132 |
| Hips | 92.5 | 95 | 97.5 | 100 | 103 | 105 | 109 | 112 | 116 | 119 | 122 | 124 |



FOR THE BEST RESULTS

The patterns are constructed in ready-made sizes, because it is not possible to construct a pattern for all body types and sizes. To make the clothes fit the individual figure perfectly, you need to carefully measure it first. Then compare measurements with size chart and paper pattern. This is the only way to find the right size. In addition, it's almost always necessary to adapt the pattern to a specific figure with minor adjustments. Even if we have two women whose measurements are the same, they will differ in other ways - one of them may have a narrower back and a larger bust, the other may be more muscular with smaller bust. One of them may also have wider hips and flatter buttocks, the other may have narrower hips and rounder buttocks... The patterns are therefore, in a way, mere guides, and if you want the garment to fit like a glove, you always need to sew a test piece. Then, if necessary, adjust the pattern sew the final piece.

You will find more about pattern adjustments on page 4 in the chapter on "Pattern adjustments".

Also remember to mark and use the seam allowances properly. A common mistake is that the seamstress does not measure the seam allowances and "eyeballs it". It is necessary to measure seam allowances with the measuring tape around the entire pattern and then sew along the correct seamlines - the right distance from the cutting edge. Careless work with the seam allowances can result in large deviations in the overall widths and lengths of the individual pieces. If you want to save some time, use pattern version / view with pre-drawn seam allowances.

When positioning the paper pattern pieces always make sure that the pieces are oriented correctly. If you position the pieces inaccurately, your garment may become twisted in certain areas. Learn to use the grainline correctly. You probably have some bad experiences with clothes from stores, so you know what I'm talking about.

It is also necessary to test and measure the garment during sewing. No two fabrics are the same, therefore, please note that what works with one fabric may not work with another. I also recommend basting (temporarily stitching) all seams that affect circumferences (such as side seams, instep seams, etc.) before sewing. So, you can try the garment on and adjust it if necessary. Also, do not underestimate ironing. These "extra" things will pay off. Believe me.

TEST PIECE

If you are interested in the process of sewing a test piece (muslin), you can read this article:
<https://www.picolly.com/how-and-why-to-make-a-muslin-video/>



In addition to seam allowances, the patterns always contain so-called allowances for the freedom of movement and allowances for design elements. You won't find these marked in the pattern, but they determine the overall shape of the garment, for example, whether it will be tight or oversized, etc. Therefore, when comparing your body dimensions with the paper pattern, do not forget to consider the overall intended design of the garment.