



COMPETITION PREP MODIFIER

How to adjust your 4-Phase Blueprint when you have a competition on the calendar.

WHEN IS YOUR COMPETITION?

<p>PHASE 1: BASELINE Jan – Mar</p> <p>Stay at baseline calories. Don't change anything. Focus on performance nutrition starting 1 week out.</p>	<p>PHASE 2: CUT Apr – Jun</p> <p>Time your cut to peak 1–2 weeks before comp. Then reverse into maintenance — don't keep cutting.</p>
<p>PHASE 3: MAINTAIN Jul – Sep</p> <p>You're at maintenance — ideal for performance. Minor water/sodium manipulation only if physique comp.</p>	<p>PHASE 4: BUILD Oct – Dec</p> <p>Scale back surplus 2 weeks before comp. Prioritize carb loading 48–72 hours out.</p>

COMPETITION WEEK ADJUSTMENTS

7 DAYS OUT	Lock in nutrition — no new foods. Increase water intake.
3 DAYS OUT	Carb load if strength/performance comp: increase carbs ~50%, reduce fat slightly.
1 DAY OUT	Eat familiar foods only. Hydrate normally. No fiber-heavy foods evening before.
COMP DAY	Simple carbs + protein 2–3 hrs before. Easily digestible. Bring snacks for between events.
POST-COMP	Return to current phase protocol within 48 hours. One celebration meal is fine.

WHAT NOT TO DO

- Don't crash diet into a competition.
- Don't try new supplements during competition week.
- Don't cut water weight unless you're an experienced competitor with a coach.
- Don't skip meals to "make weight."