

28-Week Workout & Nutrition Plan — v1.2 (MATADOR Integrated)

Phase 4 — MATADOR

Weeks 21–22: Deficit (−300 to −400 kcal)

Weeks 23–24: Maintenance

Weeks 25–26: Deficit

Weeks 27–28: Maintenance

Macros (example ~80 kg)

Deficit: 2300–2400 kcal, Protein ~176 g

Maintenance: 2600–2700 kcal, Protein ~176 g

Rules

MATADOR applies only in Phase 4.

Protein never reduced.

If recovery flags trigger, switch to maintenance.