

# **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.