



# COMPETITION PREP MODIFIER

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

## WHEN IS YOUR COMPETITION?

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

## 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."