



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.
Focus on performance nutrition starting 1 week out.

PHASE 2: CUT

Apr – Jun

Time your cut to peak 1–2 weeks before comp.
Then reverse into maintenance — don't keep cutting.

PHASE 3: MAINTAIN

Jul – Sep

You're at maintenance — ideal for performance.
Minor water/sodium manipulation only if physique comp.

PHASE 4: BUILD

Oct – Dec

Scale back surplus 2 weeks before comp.
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."