

# 5-DAY PRE-CONTEST PREP **CHALLENGE**

## 7 MONTH COMPETITION TIMELINE

Congratulations on your decision to compete! Here you will find a basic overview of how to manage your prep week by week.

### PHASE 1 (WEEKS 1-6)

- Assess & calculate weeks
- Weight train 3 days/wk
- LISS Cardio 3-5 days/wk
- Determine caloric needs
- Pick your category/class

### PHASE 2 (WEEKS 7-12)

- Check in on stats
- Weight train 5 days/wk
- LISS/HIIT Cardio 5 days/wk
- Begin posing practice
- Attend or watch a show

### PHASE 3 (WEEKS 13-18)

- Check in on stats
- Weights/Circuits 4-6/wk
- LISS/HIIT Cardio 4-6/wk
- Select suit style/color
- Posing 15-30min 5 days/wk
- Assess conditioning level

### PEAK WEEK (WEEK 24)

- Complete glam appts.
- Confirm registrations
- Begin water management
- Pack for day of show
- Rock the stage/have fun!

### PHASE 4 (WEEKS 19-23)

- Check-in on stats
- Weights 2-3 days/wk
- Circuits 2-3 days/wk
- HIIT Cardio 5-7 days
- Order suit & jewelry
- Register for your show, reserve hotel, and tan

### POST SHOW (WEEKS 25-28)

- Get judges feedback
- 2 wks reversal diet
- 2 wks light/mod workouts
- Have positive body image
- Plan next show (optional)