

# 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

### 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

### PEAK WEEK (WEEK 24)

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

### 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)