

PEAK WEEK

THE ULTIMATE GUIDE



THE PEAK WEEK GUIDE

HELLO AND WELCOME!

This guide has been developed exclusively for men living with diabetes who are interested in doing physique based sports and professional photoshoots. It doesn't matter if this is your first time or you're a seasoned pro. You will find the principles and strategies in this guide very useful.

WHAT THIS GUIDE IS?

This is a highly practical reference guide that contains everything you need to know about the key diet, training and lifestyle changes you need to make in the final week leading up to your big day. Every angle is covered.

WHAT THIS GUIDE IS NOT?

This guide is not a quick fix or miracle solution for individuals who haven't put the hard work in. If you're still out of shape one week out, don't compete.

Getting in great shape takes time and effort. Be honest with yourself.

Are you in shape?

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KEY CONSIDERATIONS

A GOOD COACH WILL SAVE YOUR LIFE.

Competing in bodybuilding or doing a photoshoot can be stressful. In order to look your best, you will need to push yourself physiologically and psychologically. The degree of discomfort is directly proportionate to your knowledge base and the level of body fat you want to reach.

Having a great coach or trainer is ultra-important during your prep. Sometimes your mind can play tricks on you, you'll feel like giving up and quite often you'll take the wrong actions. A good coach will steer your ship, act as a third eye, motivate you and give you the right dose of critical evaluation. If you refer back to the education videos I have outlined the key traits of a good coach.

HIRE A PROFESSIONAL PHOTOGRAPHER.

Life is about experiences. A great photo speaks a thousand words. There is nothing like capturing yourself in the shape of your life. You will look back at your photos in twenty years' time and say to yourself – Dam I looked good! You'll want to show them to your friends, family, post them on social media.

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A great photographer is worth their weight in gold. The last thing you want is a photographer who doesn't present you at your full potential. This can be embarrassing and very disheartening, especially after all the hard work.

Hire a professional photographer, it's worth the money. Check out their work beforehand and ask yourself, is this the kind of style I want?

Throughout your prep snapshot your favourite photo ideas and keep them in a folder within your phone. Know what style and angles you want to shoot plus what attire you are going to wear.

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GENERAL OVERVIEW: PEAK WEEK

Before we get into the nitty gritty of 'Peak Week' I want to make clear the entire process is largely trial & error. There is no plug and play formula for the best possible look. Everyone will respond differently.

PEAK WEEK SCIENCE

Peak week involves the strategic manipulation of carbohydrates and fluids to maximize muscle glycogen stores and minimise the subcutaneous layer of water between the muscle tissue and skin.

When peak week is done correctly muscle tissue appears full and defined. When it is done wrong it can leave you flat and deflated or smooth and bloated

While peak week is important, the period of time you spend dieting beforehand is even more important because you have to bring in a decent level of physical condition.

I highly recommend a few peak week practice runs every 3-4 weeks before you decide on a definite strategy. These re-feeds are going to be important for metabolism, adherence and performance anyway.

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Day	Calories	Carbs	Protein	Fat	Fluid	Salt	Diabetes	Training	Cardio
Sun	~20% above Maintenance	~70%	~20%	~10%	8+L	Y	↑ Insulin	25 min Whole Body (AM)	15 mins HIIT PWO
Mon	~20% above Maintenance	~70%	~20%	~10%	8+L	Y	↑ Insulin	25 min Whole Body (AM)	N
Tues	~20% above Maintenance	~70%	~20%	~10%	8+L	Y	↑ Insulin	25 min Whole Body (AM)	N
Wed	Maintenance	~50%	~30%	~20%	8+L	Y	↑ Insulin	25 min Upper Body (AM)	N
Thu	Maintenance	~50%	~30%	~20%	8+L	Y	↑ Insulin	Rest	N
Fri	Maintenance	~33.3%	~33.3%	~33.3%	3L	Y	↓ Insulin	Rest	N
Sat	Maintenance	~33.3%	~33.3%	~33.3%	1L	Y	↓ Insulin	Rest	N
Sun Event	Eat to sustain energy & mood	N/A	N/A	N/A	Small sips	Y	↓ Insulin	Rest	N

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DIET & SUPPS

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CARB SCIENCE

Carbs are the main macronutrient involved in filling the muscles tissues out. Carbing up is relative to body mass. The more muscle mass you hold, the longer you will need to load. I've seen people who can carb up on 5g per kg of bodyweight a day for three to four days. You're talking 2,000g of carbs there. But there's other guys on 500g-600g of carbs over that period and it is ample for them.

Class	Carb Intake
Light weight	3g Carbs / per Kg / per Day
Heavy weight	4-5g Carbs / per Kg / per Day
Super Heavy Weight	5-6g Carbs / per Kg / per Day

Having done your three to four carb ups during your diet as a tactful re-feed you should have a fair idea of how many carbs you need.

I have outlined typical macro splits and respected calorie guidelines for a full week in the overview table. Please bear in mind these are very general and can be fine-tuned from your practice to the event day.

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Everything revolves around carbs in the final week. If your event is on a Sunday, you will begin the carb loading process eight days out, increasing your carbohydrate intake over the first three days. This loading period is highlighted in green in the infographic.

After three days of loading carbohydrate you will have a 4-day buffer period (highlighted in yellow). This gives you space to taper carbs up or down based on your feedback after loading. Your muscles should be visually larger and fuller come show day.

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FINAL WEEK CARBS

- High glycaemic carbs can be used during the earlier stages of your load up.
- A well trained eye and good intuition will dictate if you need more carbs. This comes with experience and good prep coach.
- Ideally stick to carbs you have eaten your entire diet to avoid gastrointestinal upset.
- You can use drier sources of carbs the day before and on event day to avoid bloating. Examples of dry carbs include baked potato, rice cakes and raw oats.
- Keep wet sources like rice, pasta and mashed potato to a minimum. The drier carbs help with the drying out process as they need water for digestion. With little water being consumed, the body can pull it from the subcutaneous skin layer.
- Limit veggies the day before and on show day just in case they cause bloating. A small amount of asparagus the day before is allowed.

DON'T

- Avoid practicing your carb up. Have a fair idea of how many grams you need to appear full.
- Leave your carb up to the last minute and try to cram down as many carbs as possible.

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WATER MANIPULATION

You can either chose to drop water or keep it in. I have seen success with both. It all depends on the person's intra and extra cellular fluid levels and how they react to water.

There is a huge amount of factors that influence how much water you will hold. The people who will get the most success from water manipulation are those carrying the least amount of body fat and the most amount of muscle.

Dropping fluid for someone whose body fat isn't below 10% is pointless. The only thing that will happen is their weight will go down - they won't physically look much different.

I've outlined an example water manipulation strategy in the infographic. As you will see water starts high and tapers off closer to show day. The sudden drop in water intake after a week of purposely elevated fluid intake works nicely for drying you out. I suggest playing about with your fluid intake, as this is highly subjective. However, I do not recommend drinking below 1 litre of water one day out from comp.

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THERE IS A CHANCE YOU WILL GAIN WEIGHT IN THE FINAL WEEK.

For every 1g of carbs you will add 4-5g of weight on. Water is central to the process of creating muscle glycogen, hence why muscle tissue is often referred to as 70% water. Do not freak out when you see your body weight increase, it's not fat – it's glycogen.

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PEAK WEEK: EXAMPLE MEAL PLAN

Check out this meal plan example of how macronutrients, particularly carbohydrates should be manipulated over the course of the week for a Sunday event. The example outlined is based on a 70kg male with a maintenance calorie intake of 2000kcal per day.

PHASE 1: CARB LOADING

The first 3 days of carb loading will start 8 days out. Your calories are set just above maintenance as the body will be able to store more energy than normal.

- Keep fluids high and salt meals to taste.
- The first meal will fuel the training session, the meals after are your carb loading meals.
- Training in the morning will make the carb loading process more efficient over the week.
- During the carb loading period you may need less insulin than if you were eating this quantity of carbohydrate and applying your carb ratio with your usual dietary intake. This is due to the fact you are eating carbs in a more insulin sensitive environment than you were before you started

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dieting. I.e. Leaner, more muscle, depleted from prolonged calorie deficit and the final workouts. Also you are dropping fat and protein intake considerably, therefore your glucagon and insulin resistance will be much lower. Keep blood glucose levels tightly controlled, extra testing is essential.

- Spread your meals out every three hours, this will help maximise glycogen stores, and allow you a chance to correct any above target glucose levels.
- Delivering insulin 15-30minutes before eating is essential. Your glucose may go higher than usual after eating because these high carb meals do not have much fat and protein to slow down stomach emptying.

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SUN - 7 DAYS OUT – CARB LOADING

MEAL	CALS	CARBS	PROT	FAT
50g Oatmeal, 50g Blueberries, 5 Egg white Omelette (1 yolk)	254	30	20	6
TRAINING 25 mins Whole body + 10 MINS HIIT	N/A	N/A	N/A	N/A
X5 Rice Cakes, Tablespoon Honey, Large Apple, x1 Serving Whey Protein (in water)	403	70	25	2.5
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	468	80	28	4
100g Basmati Rice, Medium Sized White Fish Fillet, Portion Steamed Green Veg	458	80	30	2
100g Oatmeal, 100g Blueberries, 5 Egg white Omelette (1 yolk)	470	70	25	10
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	228	80	28	4
	2521	410	156	28.5

MON - 6 DAYS OUT – CARB LOADING

MEAL	CALS	CARBS	PROT	FAT
50g Oatmeal, 50g Blueberries, 5 Egg white Omelette (1 yolk)	254	30	20	6
TRAINING 25 mins Whole body	N/A	N/A	N/A	N/A
X5 Rice Cakes, Tablespoon Honey, Large Apple, x1 Serving Whey Protein (in water)	403	70	25	2.5
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	468	80	28	4
100g Basmati Rice, Medium Sized White Fish Fillet, Portion Steamed Green Veg	458	80	30	2
100g Oatmeal, 100g Blueberries, 5 Egg white Omelette (1 yolk)	470	70	25	10
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	228	80	28	4
	2521	410	156	28.5

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TUES - 5 DAYS OUT – CARB LOADING

MEAL	CALS	CARBS	PROT	FAT
50g Oatmeal, 50g Blueberries, 5 Egg white Omelette (1 yolk)	254	30	20	6
TRAINING 25 mins Whole body	N/A	N/A	N/A	N/A
X5 Rice Cakes, Tablespoon Honey, Large Apple, x1 Serving Whey Protein (in water)	403	70	25	2.5
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	468	80	28	4
100g Basmati Rice, Medium Sized White Fish Fillet, Portion Steamed Green Veg	458	80	30	2
100g Oatmeal, 100g Blueberries, 5 Egg white Omelette (1 yolk)	470	70	25	10
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	228	80	28	4
	2521	410	156	28.5

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PHASE 2: BUFFER ZONE

The next three days are flexible. It's important to have a trained eye review your body and assess whether you have had enough, not enough or too much carbohydrates. This is where your practice really pays off. Your peak week trial runs will give you the intuition to know if you need to be fuller.

If you have had enough carbs, you will be happy with how you look. You'll look tight. Simple eat maintenance as outlined in the table above.

If you haven't had enough carbs and still look depleted do another day of carb loading.

If you have had too many carbs and look overly soft pull back your maintenance calories by 20% and add in some light fasted cardio (1-2k steps). This will pull you back in. Most people dry out within a day. Once your look has returned to normal resort to your maintenance calorie intake.

- Keep fluids high and salt meals to taste.

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WED - 4 DAYS OUT – MAINTENANCE

MEAL	CALS	CARBS	PROT	FAT
50g Oatmeal, 50g Blueberries, 5 Egg white Omelette (1 yolk)	254	30	20	6
TRAINING 25 mins Whole body	N/A	N/A	N/A	N/A
X5 Rice Cakes, Tablespoon Honey, Large Apple, x1 Serving Whey Protein (in water)	403	70	25	2.5
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	468	80	28	4
100g Oatmeal, 100g Blueberries, 5 Egg white Omelette (1 yolk)	470	70	25	10
X2 medium sized Baked Potatoes, x1 large Chicken Breast, Portion Steamed Green Veg	228	80	28	4
	2063	330	126	26

THUR - 3 DAYS OUT – MAINTENANCE

MEAL	CALS	CARBS	PROT	FAT
50g Oatmeal, 50g Blueberries, 5 Egg white Omelette (1 yolk)	254	30	20	6
X1 medium sized Sweet Potato, x1 large Chicken Breast, Portion Steamed Green Veg	243	30	25	2.5
X1 medium sized Baked Potatoes, x1 large Salmon Fillet, Portion Steamed Green Veg	407	40	28	15
100g Oatmeal, 100g Blueberries, 5 Egg white Omelette (2 yolk), 30g Almonds	670	70	30	30
X1 medium sized Baked Potatoes, Medium Fillet Steak, Portion Steamed Green Veg	540	40	28	12
	1954	210	131	65.5

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FRI - 2 DAYS OUT – MAINTENANCE

MEAL	CALS	CARBS	PROT	FAT
50g Oatmeal, 50g Blueberries, 5 Egg white Omelette (1 yolk)	254	30	20	6
X1 medium sized Sweet Potato, x1 large Chicken Breast, Portion Steamed Green Veg	243	30	25	2.5
X1 medium sized Baked Potatoes, x1 large Salmon Fillet, Portion Steamed Green Veg	407	40	28	15
100g Oatmeal, 100g Blueberries, 5 Egg white Omelette (2 yolk), 30g Almonds	670	70	30	30
X1 medium sized Baked Potatoes, Medium Fillet Steak, Portion Steamed Green Veg	540	40	28	12
	1954	210	131	65.5

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PHASE 3: PEAK TIME

The day before the event is important. This is when you will restrict your fluid intake with the intention of drying out and revealing your full, hard muscle mass.

- Keep salt consistent.
- Limit fibrous veg and wet carbs.

SAT - 1 DAY OUT – MAINTENANCE				
MEAL	CALS	CARBS	PROT	FAT
50g Oatmeal, 50g Blueberries, 5 Egg white Omelette (1 yolk)	254	30	20	6
x1 large Salmon Fillet, Portion Steamed Green Veg, 30g almonds	423	15	30	27
X1 medium sized Baked Potatoes, Medium Fillet Steak	380	40	28	12
70g Oatmeal, 100g Blueberries, x1 large Chicken Breast	421	55	30	9
X1 medium sized Baked Potatoes, 30g Dark Chocolate, Medium Fillet Steak	476	45	29	20
	1954	185	137	74

WHAT ABOUT eating JUNK FOOD THE NIGHT BEFORE?

Many bodybuilders claim that eating junk food the night before their show whilst being fluid restricted is a great way to fill out and look your best.

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The ideology is that a sudden influx of carbs, fat and sodium rich foods (notice 'low protein') will fill out the last remaining space and peak your muscle fullness.

Unless you know your body inside out, have tested it previously during prep, and have incredibly good diabetes management I do not recommend this. It can work, but you risk bloating and that isn't a good look.

ALCOHOL THE NIGHT BEFORE THE SHOW

A common trend before a photoshoot or bodybuilding contest is to consume alcohol like white wine or spirits, before going to bed. Since alcohol is a diuretic (makes you pee) and causes your veins to rise to the surface (vasodilation) is the ideology behind using it. It can certainly dry you out, but if you haven't drunk alcohol during your prep. Why do it the night before?

You also run the risk of drinking too much in attempt to settle your nerves. As a result, you may become intoxicated, go hypo and jeopardize the quality of your sleep. I can't stress enough how important a good night's sleep is the night before a contest.

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Carbohydrate free alcohol such as wine and spirits will increase the risk of hypoglycaemia by preventing your liver from delivering glucose to the blood stream. This will increase the risk of hypo during the night, and the effect can persist till lunch time.

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PHASE 4: SHOW DAY

The big day is here. Well done! Roll in and enjoy it.

SUN - EVENT – PEAK				
MEAL	CALS	CARBS	PROT	FAT
200g Turkey Mince (cooked in 10ml Avocado Oil) X2 Rice Cakes	344	14	45	12
X2 Rice Cakes, Banana, Medium Sized Chicken Breast, X1 Dessert Spoon. Peanut butter	368	35	30	12
(2 hours before stage) X2 Rice Cakes, Banana, Medium Sized Chicken Breast, X1 Dessert Spoon. Peanut butter	368	35	30	12
<u>SHOW TIME</u> <ul style="list-style-type: none">To assist with the pumping up process backstage sip on a liquid sports drink 20-30 mins prior. Ensure blood glucose is well controlled.During the pump up you MUST SIP ON FLUID.	N/A	N/A	N/A	N/A

Consider these key pointers.

- Avoid eating a big feed of carbs right before going on stage.
- Be mindful of what you eat. Do not comfort eat or 'wing it' while waiting to go on stage.
- You must sip water while you are pumping up to aid with your pump.

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- Posing on stage under heated lamps is very physically demanding. Have carbs and a big bottle water to hand for immediate replenishment and hypo prevention.
- **Hyperglycaemia Alert (Stress):** Do your best to stay in normal blood glucose range. Going high will ruin your look and increase risk of dehydration.

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FAQ – DIET

**Q. Why is my protein intake lower on carb up days?
Will I lose muscle mass?**

The need for protein is reduced when you are in a calorie surplus and consume high levels of carbohydrate. The only factor that would lead to muscle loss during this period, would be prolonged hyperglycaemia.

Q. What does, ‘eat to sustain energy and mood on show day’ mean?

In the final days up to a shoot I’ve seen all kinds of crazy food recommendations prior to getting behind the lens. From hot chocolate mixed with whiskey right through to bananas covered in salt.

Realise there is no secret combination of foods to eat on show day. The hard work has been done. You are only eating to maintain energy.

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The only key diet recommendations for show day are,

- Eat a low residue or fibre diet to prevent bloating.
- Avoid eating huge meals right before going on stage.
- Avoid grazing on for comfort reasons.
- Be highly attentive to your diabetes management. Blood glucose levels have the potential to run high due to stress – keep an eye on this and always correct.

Q. What are the best foods to eat on show day?

On show day carry around convenient food sources like rice cakes, nuts, dark chocolate, biltong, smoked salmon and pre-cooked slices of chicken breast. The latter two can provide moisture during your periods of water restriction.

Q. Why am I not cutting my sodium (salt). Will I gain water?

I am not a fan of manipulating salt, plain and simple. Salt food to taste where necessary. Do not cut it out completely. Consume it naturally as you always would.

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Q. Do I have to stop drinking water a few days before the show?

Don't be stupid. Muscle is comprised of >70% water – need I say anymore? Cutting water too early will flatten you out and jeopardize your look especially if you are ready. We want the muscle tissue to be as hydrated as possible. On the other hand, we want minimal water in the space between the muscle & skin. Hence the sharp cut the day before.

It is imperative to keep hydrated during the show with small sips of water, especially during pump up. Once the show is over you can begin drinking normally again.

Make sure you have a few big bottles of water ready to drink back stage.

Q. How do I know I've have eaten enough carbs?

After 3-4 days of higher carb intake your body will show a number of key signs it's had enough, these include...

- Your muscle tissues look larger and more defined (especially when you wake up)

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- Body weight has increased 2lbs+ since loading up.

FAQ - SUPPS

Q. Should I take a diuretic?

Taking a diuretic is optional. If you already have a dry look to your physique, don't bother. If you are naturally soft you could opt for dandelion root and high dosed Vitamin C one day before the event.

Vitamin C – ~3-5g spaced across the day.

Dandelion Root – 540mg caps spaced across the day.

Q. Do I need to stop taking any supplements?

Stop all caffeine on show day as it may amplify any anxiety you might have. High dosed caffeine will irritate you, leave you breathless and increase your changes of hyperglycaemia. This is why I avoid Green Tea as a diuretic. Keep all other regular supplements in.

Q. What about creatine, it holds water right?

If you take creatine, do not stop taking it. Creatine retains water inside the muscle cell allowing it to look

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fuller and harder. Creatine can also help with the carb up process.

PEAK WEEK: DIABETES

Be extra attentive for hypos during the carb loading process for the following reasons,

1. Your muscle glycogen stores will be relatively low after weeks of caloric restriction and exercise. As a result, you may need less insulin to transport the carbohydrate. Some will enter the liver and muscle cells independent of insulin.
2. The protein and fat content of your meals are lower than normal, therefore your glucagon level and insulin resistance will be lower. This means your usual carb ratio might be too aggressive.
3. You may use more insulin to accommodate certain types of carbs. There is a possibility you may overdose.
4. Give insulin 15-30 minutes before meals, because the gastric emptying will be quicker due to the lower than usual fat and protein content of meals

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Show day can be stressful, and lead to increases in stress hormones. These hormones have a counter-regulatory effect on blood glucose and can increase the changes of hyperglycaemia.

It is increasingly important to monitor blood glucose levels during your show or shoot. Low blood glucose will leave you weak and unable to get a pump, while high blood glucose can lead to unwanted water retention (oedema) softening your look.

Q. What about my finger prick blood test when I'm wearing tan? I don't want to get infected...

I personally recommend wearing a water proof plaster around two adjacent fingers where you would normally sample from. The plaster will keep the skin hygienically clean. Peel and seal every time you test.

Q. How will I inject insulin through the tan?

Similar to above. Wear a waterproof plaster, this time place it inside your posing trunks over an area of your gluteus muscle. This area is most likely going to hold your last remaining body fat, making insulin injections

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comfortable and limiting the chances of any visible swelling which would be frowned upon by the judges

on stage. Your abdominal region on contest day will have minimal body fat and injecting in that location would be pretty painful and inconvenient.

Q. Will my insulin pump be visible on stage? Will I be marked down?

Straight answer – NO. Make sure it stays connected throughout the course of the day. You may not notice it disconnected due to anxiety and running around.

You have some options here:

- 1.** If using a pod based system such as Omnipod, make sure the pod is placed on the part of your buttocks covered by the trunks
- 2.** If using a pump that has a cannula with attached pump and tubing you have a few options:
 - a.** Site the cannula on a part of your buttocks that is hidden by your trunks and clip the pump on the back of your trunks

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b. Calculate your basal rate for the two hours over the competition period, then deliver 50% of that before it starts then remove the pump. This will give you two

hours coverage. For example, if your basal rate is 1.00 units per hour and the competitive period is 10:00 - 12:00. Deliver 1.00 unit at 09:50 then you are covered until 12:00. You can always reconnect and give a correction dose if required

c. If you just do not want the hassle of the pump on the big day, you could switch back to injections for the day. You will need to work closely with your health care team, as they should be able to advise you on how much back ground insulin to take on the morning of the competition, just before you take your pump off.

Options b and c require practice before the big day, don't expect it to work without practice.

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WORKOUTS

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PEAK WEEK WORKOUTS

You should be taking it easy with training during the final week of prep. You're not trying to break any strength records or build muscle. You're simply using strength training to aid with carbohydrate metabolism and ensure the vast amount of carbs you're now consuming in the week prior to competing or shooting go straight into muscle tissue.

A trained muscle tissue is a vacuum for glucose. The more muscle you have, the more carbs you will be able to handle, and vice versa.

Also, the idea of suddenly stopping training doesn't sit well with me. We all know what we look like after a few weeks off – smaller, softer and less muscular. Theoretically, stopping training leads to less cell volumization and reduced glycogen synthesis. That's not what we want right before a show or shoot.

Practice your posing every day. This is incredibly important. The more you practice the better you get. Set a good 10-15 minutes aside every day and any

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other chance you get. Know your strong parts and also your weak parts. Pose strong, hide the week.

PEAK WEEK - WORKOUT #1

Printable Workout Log

Date: _____

Time: _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Set 4
A1. Lunges (4 Sets @ 15 RM) – 20 sec rest <i>SUPERSET with...</i>				
A2. TRX Rows (4 Sets @ 15 RM) – 1.5 min rest				
B1. Barbell Rows (3 Sets @ 15 RM) – 10 sec rest <i>SUPERSET with...</i>				
B2. Military press (3 Sets @ 12 RM) – 1.5 min rest				
C1. Cable Crunches (3 Sets @ 15 RM) – 1 min rest				

- Plus 15 mins posing practice.

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PEAK WEEK - WORKOUT #2

Printable Workout Log

Date: _____

Time: _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Set 4
A1. Incline Bench Press (4 Sets @ 12 RM) – 20 sec rest <i>SUPERSET with...</i>				
A2. Lat Pull Downs (4 Sets @ 12 RM) – 1.5 min rest * Drop set on final set				
B1. Leg Press (3 Sets @ 15 RM) – 15 sec rest * Drop set on final set <i>SUPERSET with...</i>				
B2. Lying Leg Curls (3 Sets @ 8 RM) – 2.5 min rest * Drop set on final set				
C1. Hanging Leg Raises (3 Sets @ 8 RM) – 1 min rest				

- Plus 15 mins posing practice.

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PEAK WEEK - WORKOUT #3

Printable Workout Log

Date: _____

Time: _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Set 4
A1. Hack Squats (3 Sets @ 15 RM) – 20 sec rest <i>SUPERSET with...</i>				
A2. Lunge (3 Sets @ 8 RM) – 2.5 min rest * Drop set on final set				
B1. DB Clean and Press (3 Sets @ 15 RM) – 15 sec rest * Drop set on final set <i>SUPERSET with...</i>				
B2. Seated pulley row (3 Sets @ 8 RM) – 1.5 min rest * Drop set on final set				
C1. Cable Crunches (3 Sets @ 8 RM) – 1 min rest				

- Plus 15 mins posing practice.

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PEAK WEEK - WORKOUT #4

Printable Workout Log

Date: _____

Time: _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Set 4
A1. DB Rows (3 Sets @ 10 RM) – 20 sec rest <i>SUPERSET with...</i>				
A2. Press Ups (3 Sets @ 15 RM) – 2.5 min rest * Drop set on final set				
B1. Barbell Curls (3 Sets @ 15 RM) – 15 sec rest * Drop set on final set <i>SUPERSET with...</i>				
B2. Dips (3 Sets @ 8 RM) – 1.5 min rest * Drop set on final set				
C1. DB Side Raises (3 Sets @ 8 RM) – 1 min rest				

- Plus 15 mins posing practice.

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PEAK WEEK

CHECKLIST

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5 WEEKS OUT | CHECKLIST

Cross off each item...

- Federation
- Photographer
- Venue (*Checked out prior, especially if competing*)
- Who's driving
- Hotel
- Flights/Train etc.
- Tickets for friends and family
- Wing man/Wing woman
- Time off Work
- Tanning arrangements
- Registration Process
- Posing Music

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NIGHT BEFORE | CHECKLIST

Cross off each item...

- Baby wipes
- Spare Towels x2
- Pump up resistance bands
- Large bottles of water on standby after competing.
- Phone battery charger.
- Enough space in your phone to take photos
- Friends/Family Tickets
- Registrations cards/.ID etc.
- Money
- Food
- Spare Tan
- Spare make up etc. (females)
- Posing music + Spare
- Spare blood glucose meter.
- Extra hypo treatment.
- Spare Insulin pens and pump equipment.

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- Waterproof finger plasters (make sure these are in place BEFORE TANNING)
- Complete and utter SELF BELIEF.