

How to Live, Eat, Train (and think) like a Competitor

- Secrets, Tips and Tidbits to take YOU to the TOP!

Ever wondered how competitors live day in, day out? What do off season and on season look like? How does their training, eating and living change throughout the year (or does it)? *And how can you dial in your physique this summer using these techniques?*

In this *Advanced Workshop*, we'll discuss the timeline of pre competition, competition and post competition and how these important 'seasons' are approached, to help create an amazing physique!



- Do competitors stay lean all year? If so, how?
- How should we use Sports Supplements throughout the year?
- What kinds of food must you eat?
- Does the diet change throughout the year, if so, how?
- How do you stay lean *and* gain muscle?
- How do training cycles change throughout the year?
- How do you prioritize and work your weaker areas? How do you know what your weaker areas are anyway?
- How does 'cheating' look like to the off-season competitor?
- If you are considering a show, when and how do you prepare? How far out do you have to start?
- How hard do you have to train? Is it intense every workout? What about drop sets, strip sets, pyramids...how do you know what and when to use them?
- How often should you change up your routine?
- Do you still have to count calories, or how diligent do you have to be anyway?
- How much can you expect to change in 6 months? A year?
- How do you determine workable, realistic goals? What should you strive for anyway?
- Must you hire a coach or can you do a lot of this yourself?

Living like a competitor is different! In this seminar you'll learn how, and you'll learn valuable tips and tidbits to get you on the path to a NEW YOU! Both in body and mind.

Whether you are thinking about competing or not, this seminar will give you valuable tools and insight usually reserved for the elite! Most people training hard think they know it all...there is a whole other world on the other side...waiting...!

When: June 29th (Saturday) – 9 am -3:30 pm, my house (by BC Ferries Swartz bay terminal). Address to be sent out.

Fee: \$59.00. Please e-transfer me at kmccoy@direct.ca with the security question – *what is June 29?* Answer – *seminar*.

Bring a notebook and your calorie counter book! I will also be doing your bodyfat so we can sort through some formulas...We will break for lunch from 12-12:45 so please bring something to share...we'll have a healthy POTLUCK lunch for everyone to share!



LIMIT 15 SPOTS!

Sign up Today!

Take it to the next Level!