



**McCOY**  
*FITNESS & HEALTH*

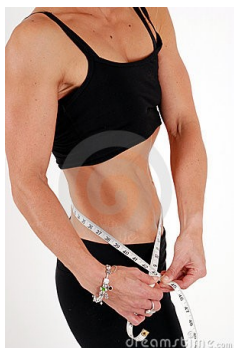
## **12-Week Best Shape of Your Life Challenge**

### **PHASE Two:** Nutrition & Lifestyle Package



### **Burning the Fat!** Weeks 4 to 6

~ Burn baby burn...the fat, that is!!



[www.advancedbestshapechallenge.com](http://www.advancedbestshapechallenge.com)

## Supplements, pre and post workout stuff, and cardio!



As we move into **PHASE TWO** of the 12-Week Best Shape Challenge, we're moving into specific territory that any successful physique athlete knows and uses—pre and post nutritional supplements!.

**To supplement or not?** It's the age old question, and there are tons of opinions out there, but after years of training without them (when I started lifting in 1981, there weren't even protein powders around) and then training with them for the last 5 years, I can honestly say yes, my training has most certainly been taken to the next level because of them.

There's tons of mis-information out there about sports supplements, but I purposely went out of my way to do two things to dispel the myths to myself: I completed an intensive 18 month Sports Nutrition course with Dr. Cory Holly (CSNA) and I received the highest designation, that of Master of Sports Nutrition, then I started work on myself.

At almost 50 years of age, I knew I would need all the help I could get if I was to continue to make gains in my physique, and I wanted clean, real supplements (a word about purchasing, please don't buy them over the Internet, there are few regulations around selling on the net and you don't know what you're buying!)

Ask what others are using (personally, I use **PVL Essentials** for my Big 5 Sports Supplements). And remember, if you're wanting to cut corners on cost, you'll cut on quality too (I buy books and CD's at Cosco, but I will never buy my supplements there...why would I put cheap fillers and products into my precious body, one that I'm trying to build into health!) I show you how I do my shakes with added supplements in this week's video—[Shake it Up!](#)

We look at the ins and outs of **cardio**, and apply them in PHASE 2, and for the duration of the Challenge. But remember, more is not better (just take a look at a lot of the novice Figure gals stepping on stage lately....stringy and flat, because they automatically think they have to do loads of cardio, like 1 hour a day! NOT!)

If you do too much, you will go into over-training mode, so please just be wary...more on this later!



Five pounds of muscle versus five pounds of fat. Which would you rather have? Hmmm.....

## The Big 5 of Training Supplements!

**Whey Powder:** From the milking process - pure leftover protein, no sodium. Whey has the highest *Biological Value* (rating of protein value) of any food or supplement – 105 (Soy and hemp are 79, rice is 44)

- Increases lean mass
- Increases immune system
- Increases detoxification and aids recovery from activity/exercise
- **Amount—Refer to your CHART. (App 1 gm per lean lb of bodyweight, or 120-150 gms/day or more.....)**

Majority of people who are lactose intolerant can use it, as most or all of the lactase is removed. If concerned, they can do an allergy test to be sure. *Soy or hemp can be used as an alternative.*

**Creatine:** A naturally occurring amino acid stored in our muscles and organs. Naturally found in herring, salmon, beef, cod, tuna, milk. Usually lost in cooking process.

- increases recovery
- decreases fatigue
- increases lean muscle mass
- increases strength, power, decreases lactic acid build-up in muscles

Make sure it is *monohydrate* form. Amounts vary depending on activity levels, gender and lean mass. Loading not always necessary. **Amount—Refer to your CHART. (App 2.5-4 gms for most women)**

**L-Glutamine:** Most abundant amino acid in the body. Stored in muscles and organs.

- Levels out blood sugars
- Increases immune system
- Decreases fatigue
- Neutralizes acid waste, clears ammonia
- Strengthens mucosal lining of intestines
- Stimulates human growth hormone
- **Amount—Refer to your CHART. (App 10 gms for most women)**



My choice—clean, no additives, and tastes great! Go to [www.edgeprotein.com](http://www.edgeprotein.com).

Orders: email me at [kmccoy@direct.ca](mailto:kmccoy@direct.ca)

**Discounted prices for clients!**

**BCAA's:** metabolites of 3 branch chain amino acids – *leucine, isoleucine* and *valine*. Naturally occurring in breast milk, plant and animals. Is naturally produced in the body.

- Suppresses breakdown of organs/muscles by protecting against hormonal breakdown
- Strengthens the immune system by increasing white blood cells
- Improves metabolism of fatty acids, increases muscle repair.
- Decreases HDL (bad cholesterol), increases LDL (good cholesterol)
- **Amount—10 grams per day, divided 2x.**

**D-Ribose:** 5-carbon sugar, part of riboflavin ( $B^2$ ); helps cells use oxygen more efficiently. (This is the vitamin that turns your urine bright yellow, so don't be alarmed!).

- Helps body form DNA and RNA, our genetic blueprints
- Helps form ATP (cells powerhouse for energy)
- Very little found in food – cooking destroys it
- Used in cardiology to enhance heart function by helping heart make energy in absence of  $O_2$
- **Only use on days you are training. Will not be of benefit on non-active days.**
- **Amount—5 grams a day, divided 2x.**



## DAILY PROTEIN REQUIREMENTS

CLASS		ONE (I) Inactive	TWO (II) Aerobic	THREE (III) Aerobic/Anaerobic	FOUR (IV) Anaerobic (physique athletes!)
LEAN MASS		SEDENTARY	ENDURANCE	SPEED	Size / STRENGTH
LBS	KG	1 g/kg	1.5 g/kg	2 g/kg	2.5 - 3 g/kg
80	36	36 g	54 g	72 g	90-108 g
85	39	39 g	59 g	78 g	98-117 g
90	41	41 g	62 g	82 g	103-123 g
95	43	43 g	65 g	86 g	108-129 g
100	45	45 g	68 g	90 g	113-135 g
105	48	48 g	72 g	96 g	120-144 g
110	50	50 g	75 g	100 g	125-150 g
115	52	52 g	78 g	104 g	130-156 g
120	55	55 g	83 g	110 g	138-165 g
125	57	57 g	86 g	114 g	143-171 g
130	59	59 g	89 g	118 g	148-177 g
135	61	61 g	92 g	122 g	153-183 g
140	64	64 g	96 g	128 g	160-192 g
145	66	66 g	99 g	132 g	165-198 g
150	68	68 g	102 g	136 g	170-204 g
155	70	70 g	105 g	140 g	175-210 g
160	73	73 g	110 g	146 g	183-219 g
165	75	75 g	113 g	150 g	188-225 g
170	77	77 g	116 g	154 g	193-231 g
175	80	80 g	120 g	160 g	200-240 g
180	82	82 g	123 g	164 g	205-246 g
185	84	84 g	126 g	168 g	210-252 g
190	86	86 g	129 g	172 g	215-258 g
195	89	89 g	134 g	178 g	223-267 g
200	91	91 g	137 g	182 g	228-273 g
205	93	93 g	140 g	186 g	233-279 g
210	95	95 g	143 g	190 g	238-285 g
215	98	98 g	147 g	196 g	245-294 g
220	100	100 g	150 g	200 g	250-300 g

**Aerobic** - (with oxygen) walking/in-line skating/distance running/biking/swimming/triathlons

**Anaerobic** - (without oxygen) body sculpting/ resistance training/weight training/powerlifting/body building/sprinting

From CSNA (Certified Sports Nutrition Advisor Course)- Cory Holly Institute



## CREATINE MONOHYDRATE

### LOADING AND MAINTENANCE DOSAGE GUIDELINES for Physique Athletes

LEAN MASS		MALE		FEMALE	
LBS	KG	Loading	Maintenance	Loading	Maintenance
80	36	9 g	2.25 g	6 g	1.50 g
90	41	10 g	2.50 g	7 g	1.75 g
100	45	11 g	2.75 g	8 g	2.00 g
110	50	13 g	3.25 g	9 g	2.25 g
120	55	14 g	3.50 g	10 g	2.50 g
130	59	15 g	3.75 g	10 g	2.50 g
140	64	16 g	4.00 g	11 g	2.75 g
150	68	17 g	4.25 g	12 g	3.00 g
160	73	18 g	4.50 g	13 g	3.25 g
170	77	19 g	4.75 g	13 g	3.25 g
180	82	21 g	5.25 g	14 g	3.50 g
190	86	22 g	5.50 g	15 g	3.75 g
200	91	23 g	5.75 g	16 g	4.00 g
210	95	24 g	6.00 g	17 g	4.25 g
220	100	25 g	6.25 g	18 g	4.50 g

Loading phase is optional (5 days) .5 g / kg / muscle weight only

To avoid extreme changes in intracellular fluid volume and thus any undesirable 'weight gain', endurance athletes should avoid the loading phase and consume the maintenance dosage recommended post-workout (this will modify the cell volumizing effect, but still help reduce lactic acid, improve lactate threshold and improve muscle fiber stress tolerance).



## L-GLUTAMINE

### LOADING AND MAINTENANCE DOSAGE GUIDELINES for Physique Athletes

LEAN MASS		MALE		FEMALE	
LBS	KG	Loading	Maintenance	Loading	Maintenance
80	36	18 g	5-9 g	15 g	4-8 g
90	41	21 g	5-10 g	17 g	5-9 g
100	45	23 g	6-11 g	19 g	5-10 g
110	50	25 g	6-13 g	21 g	6-11 g
120	55	28 g	7-14 g	23 g	6-12 g
130	59	30 g	7-15 g	25 g	6-13 g
140	64	32 g	8-16 g	27 g	7-14 g
150	68	34 g	9-17 g	29 g	7-15 g
160	73	37 g	9-18 g	31 g	8-16 g
170	77	39 g	10-19 g	33 g	8-17 g
180	82	41 g	10-21 g	35 g	9-17 g
190	86	43 g	11-22 g	37 g	9-18 g
200	91	46 g	11-23 g	39 g	10-20 g
210	95	48 g	12-24 g	40 g	10-21 g
220	100	50 g	13-25 g	43 g	11-22 g

**Loading phase** is optional (10 days) . For best results, take 1 serving after exercise and 1 before bed.



## BCAA's and D-Ribose

**Both of these important training supplements are at standard serving sizes for women, regardless of your weight:**

### **BCAA's:**

Aim for 5 grams before and 5 grams after your training. If you can't 'bracket' your workout with your BCAA's on both ends of your training session, then just take all 10 grams at once, preferably after training.

### **D-Ribose:**

Aim for 2.5 grams before and 2.5 grams after your training. If you can't 'bracket' your workout with your D-Ribose on both ends of your training session, then just take all 5 grams at once, preferably after training.

### **NOTE:**

Both supplements are sold in powder and capsule form...powder is best. They are tasteless and easily absorbed in powder form (and less expensive too!)



Me and fellow 10-Week Challenger (winner) and 12-Week Challenger, Kristeen Gordon, from Alberta!

# Pre and Post Workout Recovery

[VIDEO LINK!](#)



**Much has been written** about pre and post workout food and drink, and frankly, it can be a bit intimidating, so I'll simplify for you.

**In a nutshell**, breakfast is super-important, but after that, **POST workout is even MORE important!** (I don't always do a pre workout shake because sometimes I need FOOD to TRAIN and a shake simply doesn't have enough.

**See, we spend all our time training**, but we don't shape and tone, *we don't grow*, until we step away from the gym. In the gym is where we are breaking our bodies down, which we need to do. Then we need to put it back together again, into a stronger, shapelier form. And that's where pre and post workout recovery (especially post) is crucial!

**There are a ton of post-workout drinks**, blends, bars and such on the circuit, but few of them are worth purchasing. Never mind the Gatorade or electrolyte drinks.. you don't need an electrolyte drink, you are not burning electrolytes to any real degree in the gym, not enough to have to replenish. It's added calories, and the wrong type (sugar) pre-workout! Drink water!

**When I'm in a pinch**, I'll buy a quality post workout blended powder (my two favourites are PVL Essentials and Vega...they both have a nice no-nonsense post workout blend (no, I don't get any kick-backs from them...I wish!) They're clean and real. Then I take a look at their ingredients, and I 'beef' up the big 5 amounts to my levels and split it out between a pre and post workout shake.

**Here's what I do on the perfect day:** I fill a small glass jar with my powdered supplements...so 2 to 2 1/2 scoops of protein powder (about 60 grams), and all my supplements measured out according to my weight (120) and my training goals (strength/hypertrophy/size) 2/5 gms creatine, 10 gms glutamine, 10 gms BCAA's and 5 gms D-Ribose and mix all my dry ingredients in a glass jar.

**I split it up** and make a shake out of half of the blend, drink it back, and take a shaker cup or glass jar and take the rest to the gym where I can blend it up after my workout. If I can, I try to take some high glycemic juice with me, about 1 cup, to add to the post-workout drink to aid my post-recovery (this is covered in the next page).

**I'll sometimes blend it up beforehand for ease**....it's not always a perfect world, and truly, being able to do everything from home offers the optimum nutrition, but it can't always be that way. Don't feel guilty if you can't execute it perfectly....you're doing more than most! And you will still benefit greatly!

**And yes, you still do your blend on non-training days**....remember, you don't recover in the gym, you recover after the gym, and it takes 2-3 days to replenish those lovely muscles, so I do take my BCAA's, protein, creatine and glutamine every day. They're repairing my muscles which are in repair for up to 48 hours after....(D-Ribose is for training days only).



## Pre and Post Workout Nutrition

**Protein Shakes:** I like to 'bracket' my workouts with a protein shake before and after, with all my protein and supplements thrown in, either blended at home and taken on the road (but as mentioned, I sometimes don't do pre workout, because I need FOOD, so my Post workout shake is the most important! Some science says it's more important to have your creatine and BCAA's after training...I say just get it in around your training, anyway you can!



**After training,** I slowly drink my shake over the next hour (this is key, don't drink it all at once or there is a spill-over effect because your cells get saturated with too much at once). I ensure I've added a high glycemic liquid (1 cup of fruit juice to aid absorption) OR I have rice cakes with some almond butter on them. YUM! I continue to sip my shake over the hour. Again, absorption.

For optimum recovery, I usually **do not put any fat into my post-workout shake**, because it slows down the nutrient absorption, and we want that stuff to get into our cells quickly and effortlessly, to aid with repair, growth, and recovery (hence the fruit juice...the liquid sugar gets it in there fast). But if I am pre contest prepping, I do use FAT post workout (again, competition-style stuff is a little bit different). I'll sometimes throw in a few low-glycemic berries like raspberries but this post-workout drink is watery...it's whole purpose is to feed my torn muscles, and aid my recovery.



Then, for my next full meal, about 2 hours later, I'll enjoy a **nice high carb, high protein meal**, to continue repair and because I'll be really, really hungry! And my muscles need to FEED!

**I also like a thick shake**, and there are lots of times I'll forgo the post-workout watery shake and enjoy a thicker shake. Everyone is different, and our bodies and tolerances are different (I simply can't lift on a shake alone, and sometimes post workout I need to eat REAL FOOD), but this learning comes with time. As long as you are eating after training, with high quality protein (25-40 grams), and some healthy carbs and fats, then you will fuel your cells well!

So now you can see why a lot of advanced athletes prefer **2 different shakes** - one thicker, pre workout with fat and fibre, and one thinner, post workout with liquid sugary stuff. This is how I do it, but you decide what works for you. Just worry about getting your supplements in your body, any way you can.

**To reiterate: My biggest meal is breakfast**...loads of carbs (oatmeal) with protein and Udo's or flax oil and berries.....I can't possibly train hard on just a shake...no way! We need a good amount of carbs in our system, about 2 hours before training (not before, or it won't be digested!). And no simple carbs / sugar before training! You'll negate all your hard work with an overload of insulin pouring into the muscle (and loss of energy too!)

## **Cardio and YOU!** - [VIDEO LINK!](#)

**Cardio has long been a staple of physique athletes for decades**, but we've learned a lot over the years about the ins and outs of cardio. Unfortunately, many women still haven't learned, sadly, as they over-emphasize cardio too much, and they pull much-needed shapely muscle off their bodies.

**Essentially, there are 2 types of cardio**—LSD and HIIT and in the Challenge, I offer recommendations for both starting in Phase 2 and carrying on through the end of the Challenge.

**LSD** (*long slow distance*) – We all know this one - get on a piece of cardio equipment and plod away at a decent pace for long periods of time, 20-60 minutes. This is good if you have the time, and you want an easier go of it. Make sure your heart rate is at least at 130 beats per minute at all times. And make sure you're doing minimum 20 minutes (or more for max. benefit) as this is when the real fat burning clicks in. (Remember, long bouts of cardio in absence of weight training will erode your muscle and lower your metabolism!).

**HIIT** (*high intensity interval training*) is tougher to do, but becoming popular, due to the fact that you get great results in half the time. It burns fat, aids recovery and revs the metabolism. But we don't do this on hard leg days or when we're tired from training as it demands a lot. Basically, you go to your lower heart rate level (formula below) for 1 minute, then pop it up really high, like you're sprinting, for 30 seconds, pop it back down again for another few minutes, and repeat 4-5 times or 10-15 minutes. It's intense but it spares muscle and burns fat and is faster than traditional cardio. Again, don't do it every cardio session, as it's too much!

### **How to find your fat-burning heart range.**

In the am, find your resting heart rate (before food or coffee, don't move around) for a full minute. Then plug it into the following formula:

220—your age—your resting heart rate x .70 + resting heart rate = \_\_\_\_\_

220—your age—your resting heart rate x .85 + resting heart rate = \_\_\_\_\_



**Example:** Me—220—50 (age) - 67 (hr) x .7 + 67 = **139**. At 85% max it's **155**. If you're healthy, you can go to 90-95% if you like...depending on your energy levels. These two numbers represent your ideal fat-burning zone in the 70-85% workload which we think fat burns best at (yep, it's still not an exact science). For most of you, it's likely 130-185. This is where you can safely have your heart rate when you're doing LSD cardio for ultimate fat-burning. Now you may even go higher if you're doing HIIT and at the top of the high intensity peak, and that's ok (as long as you're healthy and your doctor says it's ok. Please note this formula doesn't work if you're on blood pressure medication so please ignore it). The key is to look at the bottom number...don't dip below that (this is where most people don't get the results...they are too low and not working hard enough...ever heard those gals talking back and forth all through their cardio session???)

### **When should you do cardio?**

If you're trying to lose weight, do cardio *after your weight training session*. The exception to this rule is if you're training to improve your running time (but on the Challenge, I'm assuming your first goal is weight training and fat burning, yes?). My preferred choices of equipment are the **elliptical** and **stairmaster** first, followed by the bicycle and the treadmill last (only because most people go too easy on the treadmill.)