

John Seif on Contest Prep

I am getting ready to compete in approximately 15 weeks. I am going to walk you through week-by-week how I go about preparing for my shows.

- 15 weeks out: I will be training 4 days a week in a split. I will wake at 6:00 a.m. go to the gym and train abs and calves every other day. My training split will be:

Monday

Quads and Hams

Tuesday

Back and Traps

Wednesday

Off

Thursday

Chest and Tri's

Friday

Shoulders and Bi's

Saturday and Sunday

Off

- I will have one cheat day a week up until 12 weeks out. This doesn't mean ice cream and pizza all day long. I may have some spaghetti or some stir fry, but nothing off the wall that will ruin my hard work.
- 8 weeks out I will be cutting out any dairy products. My diet will look something like this (depending upon how my condition is the calories will vary):

Meal 1-

15 egg white omelet with 2 cups of oatmeal

Meal 2-

7 oz of tilapia
2 cups of rice
1 cup of broccoli

Meal 3-

6 oz. of chicken
1 baked potato
1 cup of green beans

Meal 4-

7 oz. of filet
10 rice cakes
1 cup of asparagus

Meal 5-

2 cans of tuna fish
1 green pepper

Meal 6-

20 egg whites
1 cup of broccoli

- Week 4 I will be increasing cardio accordingly and replace fish for the egg whites for sodium control. I will continue to train both heavy and light with the same training split.
- 1 week out I will be training Sunday through Wed. I will train Legs on Sunday, chest and tri's on Monday, back and traps on Tuesday, and shoulders and bi's on Wed. I will stop all cardio and training on the Wed before the show for loading purposes. I will slowly load carbs throughout the week according to my condition. It gets tricky the week before the show. Here is where most people mess up. Remember there are many

ways to do contest prep. One's not necessarily better than the other. Some people try over and over and can never get it right. This has worked for me over and over.

- Thursday I will shave or Nair 2 days early in case I break out, cut yourself, or get shaving bumps. Remember Pro Tan has alcohol in it, which you will be putting on Friday, so you don't want to be painting over open cuts.
- The day before the show, Friday, there are a lot of things happening. I will stop drinking water completely, stop eating protein completely (which takes all sodium out of my diet), and usually, depending on my condition, double up on carbs or eat my meals closer together. I will also be putting on my tanning color on this night. I usually use 3 coats of Pro Tan and then the morning of the show use 1 coat of Dream Tan #2. Dream Tan # 2 has a nice shine so you don't have to use oils, which can run.
- Keep in mind going up to the show I have been posing every day and tanning at least every other day. Both of these can dry you out and thin your skin.
- Here we are! Showtime. I wake up and eat my first meal of carbs. Then I will apply my dream tan. Then carb meal #2 will be eaten. I will eat rice cakes accordingly while driving to the show. During the competitors meeting I will munch on raisins (remember I still haven't drank anything since Thursday night). While I start pumping up to go on stage I will drink a carbo force or Gatorade to fill out. At this point there is not enough time to hold water between your skin and muscle and this should help with you pump up.
- **This is a summary of the way that I do my contest prep. I have tried other loading techniques, but this seems to be my bread and butter for contest prep and loading. If you have any questions feel free to email me for a consultation.**