

Week 8: Monday June 2, 2003

Current Nutrition and Supplementation Plan:

Meal #1 (6:30 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
2 Proflex 750	0	0	0	0
CLA1000-2 capsules	0	0	2	18
1.5 Scoops VP2	36	1.5	0	150
1/2 Cup Skim Milk	4.5	6.5	0	45
1 Serving Frosted Flakes	1	28	0	120
1 NAC 500	0	0	0	0
Vitamin C-1000 mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
Beta Carotene-25,000 I.U.	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
2 Dymetadrine Xtreme	0	0	0	0
Post-Cardio (7:45 AM)				
Item	Protein	Carbs	Fat	Calories
1 NAC 500	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U	0	0	0	0
GL3 L-Glutamine- 10 grams	0	0	0	0
1.5 Scoops VP2	36	1.5	0	150
1 Serving Creatine HSC	0	34	0	136
Meal # 2 (8:30 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
4 Serv. Eggbeaters	24	4	0	120
2/3 Cup White Rice	2.5	29	0	127
Meal # 3 (10:00 AM)				
Item	Protein	Carbs	Fat	Calories
Ny-Tro PRO-40	40	22	1.5	250
Meal # 4 (12:30 PM)				

Item	Protein	Carbs	Fat	Calories
Udos Choice Oil Blend-1 tbs	0	0	14.5	135
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-6 Servings	8	29	0	150
Meal #5 (3:30 PM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine -5 grams	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
1 Tablespoon Crushed Flaxseeds	2	4	4.5	65
CLA1000-2 Capsules	0	0	2	18
Ny-Tro Pro-40	40	22	1.5	250
Meal # 6 (6:30 PM)				
Item	Protein	Carbs	Fat	Calories
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
3 Chicken Breast Tenderloins	29	0	1	120
Mixed Vegetables-5 servings	6	24	0	120
Meal # 8 (9:30 PM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
GL3 L-Glutamine-5 Grams	0	0	0	0
CLA1000-2 Capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250
Before Bed (10:00 P.M.)				
Item	Protein	Carbs	Fat	Calories
GABA-5 grams	0	0	0	0
Meal # 9 (Approximately 2:00 A.M.)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1 Scoop VP2	24	1	0	100
1/2 Cup Skim Milk	4.5	6.5	0	45
TOTALS	Protein	Carbs	Fat	Calories
	337.5	238.5	34	2612

I will also drink at least 1 1/2 gallons of water per day.

Goals:

- Let body and mind rest and recover. Enjoy time away from the gym and recharge batteries for remaining 9 weeks of contest preparation.
- Follow new [nutritional and supplementation](#) plan 100% Monday-Friday. Eat all meals on-time and take all supplements on-time.
- Eat clean and on time during the weekend and take my supplements on time.
- Drink lots of pure water-At least 1 1/2-2 gallons per day.
- Perform 6 (increased from 5 last week) intense cardio sessions (Monday-Saturday) in the morning. Supplement before and after cardio sessions. Strive to beat previous distance.
- Take assessment photos
- Watch 'Posing Like a Champion' and practice mandatory poses
- Have a passion for training and for life!
- Create new Max-OT program to begin next week and follow for final 9 weeks of contest preparation.
- Make the most out of the opportunities that present themselves every day.
- Enjoy my contest journey. Keep a positive attitude.

Assessments:

WEEK OF 5/26/03:

- Great week of workouts! Met goal of making this week my best of the 8 week training cycle. I was able to improve each workout in some way (i.e. more reps/more weight/better execution) from the prior week.
- Completed five intense cardio sessions. Made some very good distance/calorie increases.
- Ate and supplemented well and on-time
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Watched 'Posing Like a Champion' and practiced quarter turns and mandatory poses on Sunday. I was better this week than last week, but still have a long way to go.
- Drank all water every day
- Submitted article to *IronMan Magazine*.
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Training:

Training: No Training (Recovery Week)	
Exercise	Sets / Reps / Weight
Cardio (Friday)	
Exercise	Time / Distance / Calories
Stairstepper (Rolling Hills)	Time: 20 minutes, Distance: 2.50, Calories: 390
Cardio (Saturday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4, Calories: 394.6
Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (Apt.)	Time: 16 minutes, Distance: 6.4 , Calories: 400.6

Tuesday, June 3, 2003

Training: No Training (Recovery Week)	
Exercise	Sets / Reps / Weight
Cardio	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.51 , Calories: 380

I pushed hard and had a good cardio session this morning. I know that the calories are down because the weight I entered today is lower than last week (228 lbs vs. 232 lbs). However, I would think that the distance would be the same if I increased to level 13 at the same point as last week, so I may not have increased quite as early today. Nevertheless, it was a good cardio session.

Wednesday, June 4, 2003

Training: No Training (Recovery Week)	
Exercise	Sets / Reps / Weight
Cardio	

Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 390.5

It's funny how the body and mind work. This morning was one of those days where I just felt tired and was kind of dreading my Max-OT cardio session on the bike. I took a few minutes to think about *why* I was about to perform this cardio session and what I want to accomplish by giving the session my all. I also flipped through the most recent copy of *Natural Bodybuilding and Fitness* and looked at my picture from the 2002 AST World Championships, as well as other physiques in the magazine where the bodybuilder was "ripped to the bone." This motivated me and by the time I started peddling I was feeling great. I got stronger as the session went on and my motivation was now high.

The 6.4 mile mark seems to be the benchmark for me right now on this bike. I have barely been making this distance during my last few sessions. I actually hit the 6.4 mile mark a little sooner today than Monday's session. My calories were lower, however, since I entered in my weight at 228 lbs today vs. 232 lbs on Monday. So far, cardio is going well this week. I must remember what I am shooting for and keep knocking out great sessions.

Thursday, June 5, 2003

Training: No Training (Recovery Week)	
Exercise	Sets / Reps / Weight
Cardio	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.54 , Calories: 386

I set a new record this morning on the stairstepper going 2.54 miles! I felt good during the session and kept pushing hard. I was actually not as tired after the session as I have been after my other cardio sessions this week, which made me think that I could have even pushed just a little harder. I must remember to continually raise my standards with my cardio workouts in order to progress to the next level of conditioning.

Friday, June 6, 2003

Training: No Training (Recovery Week)	
Exercise	Sets / Reps / Weight
Cardio	
Exercise	Time / Distance / Calories
Recumbent	Time: 16 minutes, Distance: 6.4 , Calories: 389.2

Bike (Apartment)	
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Good cardio session this morning. I met the 6.4 mile mark, but did not quite match my calories from Wednesday. I have one more cardio session this week (6 of 6) scheduled for tomorrow morning. I will take Sunday to rest and then begin a new Max-OT workout on Monday that I will follow for the remaining 9 weeks of my contest preparation. I am definitely ready to hit the weights again after my recovery week. I am excited to see what I will be able to accomplish and just how far I will be able to push myself during the next 9 weeks. I have not yet decided exactly which Max-OT routine I am going to follow next week so that it something I must figure out this weekend. I also need to create a new nutrition plan for next week and practice my posing during the weekend.