Fitness Athlete's MACRONUTRIENT GUIDE

to Optimal Performance and Body Composition

UNCHAINED POTENTIAL

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When we take the time to audit our health and fitness we're going to come across weaknesses. Our struggle could be with a specific movement or it may be general strength, endurance and gymnastics. But chances are, the biggest hole in our game is the way we approach our nutrition. The way we fuel our bodies directly impacts our strength, muscle gain, fat loss and recovery. The knee-jerk reaction may be to feel discouraged about how to tackle something so complex.

Without an optimal nutrition plan we see:
- slow/no muscle gain
- slow or completely stalled strength & performance gains
- carrying too much body fat
- slow recovery; feeling beat up
- injuries
- low energy

There is nothing worse than under-performing and not knowing what we can do to get better. It should excite us knowing we've identified something we can start doing today that will make us better tomorrow. After we ID the issue we need a plan for the way we fuel our bodies that help turn our weaknesses into our strengths and limit the holes in our fitness.

I've encountered too many athletes that are willing to put in the effort but need help in navigating the process. As this need has grown I have compiled 10 years of nutritional coaching expertise into a guide that will help any athlete with any goal. This is everything I know about helping athletes improve their performance and body composition through nutrition.

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Step 1: Measure & record 3 variables - weight, waist and hips. Preferably done fasted; after using the bathroom and before any food or fluids. If not possible, pick a consistent time in the day (i.e.: after 1 meal, coffee and glass of water) for your "pre" and "post" measurement.

Step 2: Download a food tracking app (i.e.: MyFitnessPal)

Step 3: Track EVERY single thing you ingest for 7 days

Step 4: Average your Caloric intake over the 7-day tracking period.

Step 5: After 7 full days of tracking REPEAT "step 1"

The 3 variables will **trend up** (increase), **down** (decrease) or stay the same (maintain).
- IF variables **trend up**, then the average Calories you found in "Step 4" is slightly higher than where your metabolism is functioning.
- IF variables **trend down**, then the average Calories you found in "Step 4" is slightly lower than where your metabolism is functioning.
- IF variable **stay the same**, then the average Calories you found in "Step 4" is most likely where your metabolism is functioning.

Once you've established your average weekly intake, divide that number (Calories) by your body weight (BW) in order to find your "metabolic variable"

- 2500 Calories / 200 lbs BW. = 12.5
- Metabolic Variable = 12.5

Your metabolic variable is an indicator of how well your metabolism is currently functioning, and ranges anywhere from 9 on the low end to 14 on the upper end.

Characteristics of low end of the spectrum

BW x 9

- lower energy
- lower strength
- sub-optimal recovery
- sub-optimal performance
- hungry
- sub-optimal sleep
- sub-optimal hormone levels
- not capable of beginning a fat loss phase.

Characteristics of high end of the spectrum

BW x 14

- high energy
- great strength
- optimal recovery
- optimal performance
- not hungry/fully satisfied
- optimal sleep
- optimal hormone levels
- capable of having a VERY successful fat loss phase.

Individuals will likely fall somewhere between those two numbers (9 and 14). BW x 11/12 is what we would consider “average”. It could be worse, but it could be better. The lower someone is on the spectrum (closer to 9), the more time they will need to spend reverse dieting (slowly and methodically adding in calories) before starting a fat loss phase. The higher someone is on the spectrum (closer to 14), the less time they will need to prep before beginning a fat loss phase.

Ideally, we aim to get your calories up to BW x 14 (fill in that amount here (b)_____). However, we can’t rapidly increase your calories from where there are now (a)_____) to BW x 14 (b_____) or your body will recognize this energy surplus and begin to store body fat rapidly. Instead, we take the difference in calories from (a) to (b) and divide them up into smaller increments over a period of weeks. The body does not register small changes as surplus to homeostasis (or ‘normalcy’). The body then accpets this new, slightly higher caloric state as “normal”. Repeating this process incrementally over multiple weeks is the process to bringing calories up from a sub-optimal intake (that doesn’t have potential to yield a successful fat loss phase) to an optimal intake level (where an extremely successful fat loss phase can begin).

IF ‘Metabolic Variable” is lower than BWx14 Start here:

** NOTE: the most optimal response (each Calorie increase phase) is that your weight, waist and hips trend normally (with either small increase or decreases).

FAT LOSS “SET-UP”

Phase 1 (Weeks 1-3):
- We will stair step you up the metabolic variable spectrum by 1 every 3 weeks until you reach BW x 14
- For example, if you find your baseline to be BWx10, you will increase by 1 on the metabolic variable scale (BW x 11).

Phase 2 (Weeks 4-6):
- Increase by 1 on the metabolic variable scale (BW x 12).

Phase 3 (Weeks 7-9):
- Increase by 1 on the metabolic variable scale (BW x 13).

Phase 4 (Weeks 10-12):
- Increase by 1 on the metabolic variable scale (BW x 14).

*The more consistent you are and the higher your adherence to program (ATP) the better you will respond. Once your Calorie intake reaches BW x 14, you will spend 4 weeks at this level before begin the fat loss phase.

OPTION A: FAT LOSS

- A fat loss cycle will be performed in 3 four-week cutting phases of Calorie restriction.
- With each new phase, an additional cardio piece will be added.
- Metabolism MUST be operating at BW x 14 in order to begin a successful fat loss phase

Phase 1 (week 1-4):
- Reduce Calories by 2 on the metabolic variable scale (from BWx14 down to BW x 12)
- Add in 30 additional minutes of steady-state cardio at ~70% of heart rate max to your normal training routine. Bike, row, run, swim, etc.
- Add in 5 sets of high-intensity interval training (HIIT) to your weekly training. These are to be max effort - 100% ALL out - for 25 seconds with a 3-minute recovery. 25 seconds ALL out = 1 set; you need to do a total of 5 for the week (preferably all 5 in one session, post WOD). Assault bike sprints, hill sprints, track sprints, prowler/sled push sprints, prowler/sled pull sprints, rowing sprints etc.

Phase 2 (week 5-8):
- Reduce Calories by 1.5 on the metabolic variable scale (from BW x 12 down to BW x 10.5)
- Add in an additional 30 minutes of steady-state cardio (60 minutes total for the week) at ~70% of heart rate max to your normal training routine. Bike, row, run, swim, etc. This can completed in one session or two (encouraged to split into two 30-minute sessions).
- Add in 5 more sets of HIIT (total of 10 sets/week). Assault bike sprints, hill sprints, track sprints, prowler/sled push sprints, prowler/sled pull sprints, rowing sprints etc. Encouraged to break these 10 sets into two sessions throughout the week (post WOD).

Phase 3 (week 9-12):
- Reduce Calories by 1.5 on the metabolic variable scale (from BW x 10.5 to BW x 9)
- Add in an additional 30 minutes of steady-state cardio (90 minutes total). Split these 90 minutes into at least 2 sessions throughout the week.
- Add in 5 additional sets of HIIT (total of 15/week). Assault bike sprints, hill sprints, track sprints, prowler/sled push sprints, prowler/sled pull sprints, rowing sprints etc. Break these 15 sets into 2-3 sessions throughout the week (post WOD).

AFTER finishing Phase 3...

REVERSE DIET (VITAL to slowly build Calories back up to a maintenance level (BW x 12) and slowly reduce additional cardio sessions). There will be 4 three-week phases.

Phase 1 (Weeks 1-3):
- Increase Calories by 1 on the metabolic variable scale (from BW x 9 up to BW x 10)
- Reduce steady-state cardio from 90 minutes/week down to 60 minutes/week

Phase 2 (Weeks 4-6):
- no nutritional changes
- Reduce HIIT from 15 sets per week down to 10 sets per week

Phase 3 (Weeks 7-9):
- Increase Calories by 1 on the metabolic variable scale (from BW x 10 up to BW x 11)
- Reduce steady-state cardio from 60 minutes down to 30 minutes/week
- Reduce HIIT from 10 sets/week down to 5 sets/week

Phase 4 (Weeks 10-12):
- Increase Calories by 1 on the metabolic variable scale (from BW x 11 up to BW x 12)
- Reduce steady-state cardio from 30 minutes/week down to no additional minutes
- Reduce HIIT from 5 sets/week down to 0

** IF satisfied stay at maintenance Calories
** IF another fat loss phase is desired complete **Option B** (Performance & Muscle gain) below before repeating **Option A** (Fat Loss).

OPTION B: PERFORMANCE / MUSCLE GAIN

- There will be 4 four-week phases
- Metabolism MUST be at least a BWx13 to begin this phase. IF not, see **REVERSE DIET** protocol above.
- Strongly encouraged that you do no additional cardio aside from WOD
- First four-week phase will have no additional work. WOD only
- With every four-week phase, you will add 10 minutes of compound movements (Squat, Deadlift, Bench Press, Push Press, OHP, Clean, Jerk, Snatch, Triceps dips, Pull ups etc.)

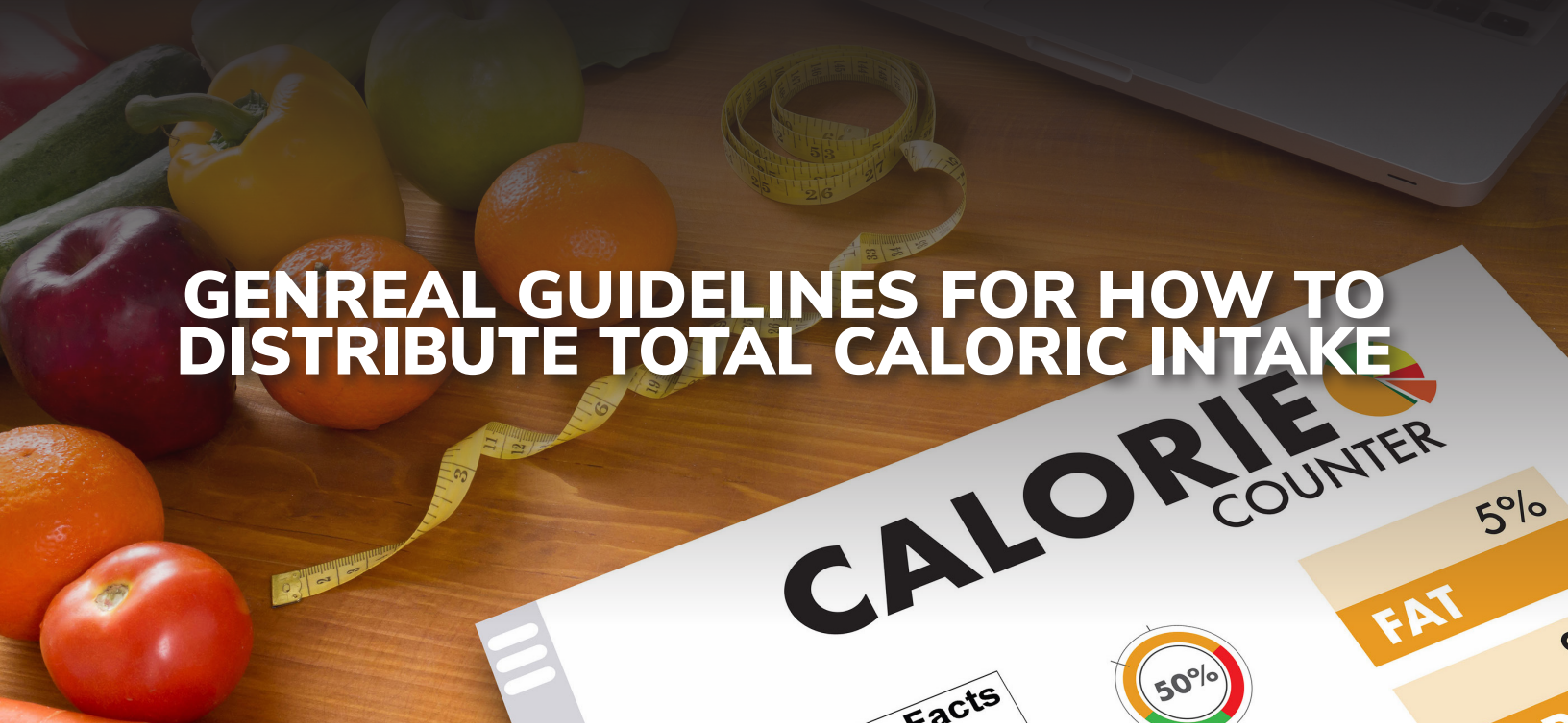
Phase 1 (Weeks 1-4):
- Increase Calories by 1.5 on the metabolic variable scale (i.e.: from 14-15.5)

Phase 2 (Weeks 5-8):
- Increase Calories by 1.0 on the metabolic variable scale (i.e.: from 15.5-16.5)
- Add 10 minutes of compound movement(s) (in addition to WOD)

Phase 3 (Weeks 9-12):
- Increase Calories by 1.0 on the metabolic variable scale (i.e.: from 16.5-17.5)
- Add 10 minutes of compounds movement(s) (20 total in addition to WOD)

Phase 4 (Weeks 13-16):
- Increase Calories by 1.0 on the metabolic variable scale (i.e. from 17.5- 18.5)
- Add 10 minutes of compounds movement(s) (30 total in addition to WOD)

After finishing **Option B**:
** IF satisfied, find maintenance Calories (Caloric intake where weight, waist and hips do not move up or down).
** IF fat loss is the new goal, begin **Option A** (Fat Loss) above.



GENREAL GUIDELINES FOR HOW TO DISTRIBUTE TOTAL CALORIC INTAKE

PROTEIN

- Protein intake should be 0.7-1.2 grams/lb. of body weight
- The leaner you are, the higher you may need to be on the scale (0.9-1.2)
- The higher your body fat percentage, the lower you may need to be (0.7-0.8)

CARBOHYDRATE

- CHO intake should be around 0.9-2.0 grams/lb.
- This will depend primarily upon your goals as well as your metabolic efficiency.
- 25-40% of total CHO should be consumed pre-workout and another 25-40% consumed post-workout.

FAT

- Fat intake should NOT go below 0.3 grams/lb. for long periods of time.
- Toward the end of an aggressive fat loss phase, it may be okay to go as low as 0.2 grams/lb. (for up to 4-6 weeks)

* For active individuals, reduce calories from fat first (in general) when seeking fat loss.
- Reserving carbohydrates for performance in training.

* Increase total training volume during fat loss phases in order to burn more calories.

* Aim to lose about 1% of body weight per 7-12 days. Anything more than may leave you susceptible to negative effects such as:

1. Increased risk for metabolizing muscle tissue.
2. Reduced longevity of deficit/cut.

Now take the first step and get started!

I've done my best to give you the most descriptive blueprint for yielding calculated results in your body composition and performance in the gym. Please take this information and begin applying your efforts and dedication in the best direction possible.

Making positive adaptations to our bodies isn't as complicated as we may think, but that certainly doesn't make it EASY. It takes determination and effort over time, but with the proper guidance you will begin seeing changes in your performance and your physique quickly.

If you found this guide valuable but still need additional coaching services to assist you in this process, please feel free to reach out to Unchained Potential to help take you where you want to go. The information provided in this book comes from a combination of scientific research, working with other performance coaches, and anecdotal experience of working with hundreds of athletes. These principles have been proven effective time and time again. We are happy to assist you in achieving the results you desire.

Good Luck!

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