



QT2 Muscle Stripping

Level 1: This is the most severe form of muscle stripping that we use, and should only be used for athletes with a lean BMI at least 1 point above the goal lean BMI. It should also only be used during the early part of the base phase when the intensity and overall stress from the training program is a bit lower. Here are the guidelines:

- Two week period in length, repeated up to twice with a one week break period in between.
- Eat only fruits and vegetables
- Have one small piece of lean meat in the evening with dinner
- Have a multivitamin each day
- Use mostly fresh fruits and vegetables
- Dried fruits and juices should be kept to workouts only -- raisins, dates, and watered down apple juice work well here
- Condiments such as dressing and catsup can be used VERY sparingly.
- Objective is to create a 1,000 calorie deficit each day, with a minimum amount from total protein (40-70 grams depending on the person's specifics). Macronutrients can be based on the "QT2 diet spreadsheet" if needed (based on weekly volume).
- Goals is to loose about 3-4 pounds through each two week period after weight normalizes for water gain

Level 2: This is can be used for folks that don't fit the group above, are in mid season, just don't have that much muscle to loose, or are coming off of level 1 with additional muscle to be lost. This is much less severe of an approach but does create a deficit for the week and tends to be catabolic. Here are the guidelines:

- Two day period in length (on Mondays and Tuesdays), repeated for up to 8 weeks.
- Objective is to create a 1,000 calorie deficit each day of this, with a minimum amount from total protein (40-70 grams depending on the person's specifics). Macronutrients can be based on the "QT2 diet spreadsheet" if needed (based on two day volume).
- The remainder of the week is spent with normal core eating with a 300 calorie deficit. Macronutrients can be based on the "QT2 diet spreadsheet" if needed (based on whole week's volume).
- All other guidelines are the same as the level 1 approach.

Level 3: This is can be used for folks that don't fit the groups above, are in mid season, just don't have that much muscle to loose, or are coming off of level 1 or 2 with additional muscle to be lost. This is much less severe of an approach to both of those above, but does create a slight deficit and tends to be catabolic in nature when used throughout the season. Here are the guidelines:

- Run about a 2-300 calorie deficit for up to 12 weeks.
- Adjust macronutrient ratios to limit protein intake based on BMI (higher BMI folks will be given less protein than those close to the goal). Protein should be limited for the higher BMI folks and can be based on the "QT2 diet spreadsheet"
- Eat normal core foods and habits, including training nutrition.

****NOTE, IT IS UP TO THE QT2 DIETITIAN TO DETERMINE/APPROVE IF THIS PROGRAM IS SAFE FOR THE ATHLETE THEY ARE CONSIDERING IT FOR****