



Nutritional and lifestyle tips for twice a day training

Hi, today I'm going to talk to you about eating and supplementing for training twice a day. As has been stated multiple times since the '80s, if you really want to get big and really strong really fast, if you can commit to work out twice a day, you can do that that much faster

A lot of people say "F%&k I don't have time to train twice a day, blah blah blah." In reality, if somebody from a third party looked at your day, I'm sure you waste a lot of time.

If getting that big and strong is truly your goal, or one of your top three goals, then training twice a day is not an issue. So for those of you who are committed to achieving that goal then you are at the right place because I'm going to tell you how to do it.

So, the key reason why you gain mass much faster is that, we know since the 70's that the more times a day you stimulate protein synthesis, the more you grow. And if you look at the records in weightlifting, they really improved when people started to train more than four days a week, when people started training the squat nine to fifteen times a week. I'm not saying you need to do that as we're talking about Olympic Weightlifting, but the concept of multiple training units a day came from weightlifting originally

Of course Schwarzenegger was one of those guys that trained twice a day, six days a week way back when, Chuck Sipes trained as much as three times a day, so the concept is not new. But I can tell you for sure, in the last thirty-nine years, if someone told me: "I really want to change real fast." Well ok, if you are not talking out of your ass then you should be training twice a day.

The key point is how do you start your day? So you should start your day with something that stimulates dopamine and acetylcholine. Now it's the latest trend on the internet "Increase your dopamine and acetylcholine." Well fuck you're about forty years behind me on that one! But anyway... At

least now the research backs it up, and people are going away from carbs and they realize that proteins are a good thing and so are fats.

So meat and nuts breakfast, you wait an hour and then you train. What you consume during training are actually the most important supplements. If you don't have any money, branched-chain amino acids or whey or essential amino acids are critical.

Personally I'm intolerant to cow's whey. During training I prefer to use essential amino acids (EAA) and BCAA. But if whey works for you? Go ahead! You can use beef proteins, you could use goat's whey, but you got to have some source of proteins. How much? At least 20 gr, up to 40 gr, but let's say you have a 90 kg man who's very serious about training, I would say 30 gr EAA and 30 gr BCAA. But again, that is for someone serious who does not want to mess around and wants the results as fast as possible. Also, make sure you have electrolytes in the solution.

Post-workout, it depends if you're fat or if you're not. If you're lean, you can have a gram per pound of bodyweight of carbohydrates. There is a lot of information on my website about how to make up a shake, but you need to take that many carbs. Of course, one fourth of that will be protein. If you are using essential amino acids, one eighth of that would be good. This is because EAA are twice as effective for muscle protein synthesis as opposed to whey.

Then, wait about an hour and have your post-workout meal. Depending if you're lean or fat dictates the make up. So somebody lean may have let's say a steak and some rice while a fat person could only have scallops and a green salad with some asparagus. Done!

Second workout, same during workout, same post-workout. If you're doing very short workouts; let's say twenty minutes because that is all the time you have it's better than nothing. You'll go faster than if you didn't do the second workout then you adjust the training volume. If you do only a third of the volume, only a third of the during workout and a third of the post-workout would apply.

Now let's talk about how long you can do that. I don't care if you're natural or if you take a shitload of anabolic steroids, I don't think anybody can do

more than ten days in a row of twice a day training. That is assuming you are doing a 5-day cycle and you rest one to two days out of the five days. But usually after twice a day for ten days, you need to take five days where you only train once a day and that workout to be only twenty to thirty percent of maximal load. It can be only be four to six sets per body part

Then let's talk about realistic goals. I see a lot of people saying I'm at 18% and after a while they say 5% and I look at the days and it doesn't match. So I'm going to give you a number to remember. If you're a male, and you're 20% and you do everything right, 10 weeks later you should be at 10%. If you can't do it, you're fucking up somewhere.

Maybe it's your sleep, maybe you're taking all sorts of metrosexual lotions that are full of xeno-estrogens, or you spend too much time at the computer, you don't sleep well. Whatever the case may be, if you're not making those progress I suggest you hire somebody who's done the Metabolic Analytics class and he will get you in the right direction. At least monitor your body fat properly.

Somebody once came to my class and said: "I'm very lean, I got penis skin on my arms" and man... It must've been a fucking walrus' penis skin. He was a fat fuck. In a post he said he's about 9%. Well f&%k I measured him, it was more like 23%.

So get measured accurately because this way you can have measureable goals that are realistic. But this is the rule of thumb: if you can't achieve that progression curve, there is something wrong. So get some help. But there is lot of help here in the Dojo of Strength. Dan Trink did a good post on this, saying he started to go to bed early, started to work less on his computer, started reading more, made the right food choices and lost fat.

I like that post because he's very honest and because I guess it's fairly simple. And yeah f&%k, it is! People tend to overcomplicate things. I want you to try something. You haven't made progress in a while? Add twenty minutes. You don't need sophisticated equipment. Let's say you work out at lunch time at your local mom & pop gym. For the price of dumbbells and adjustable plates, let's say you train arms on Mondays at home. When you get back from work, get a light snack and you train arms again. Even if it's

only for twenty minutes. That will increase your total caloric output. I find that this extra stimulation in protein synthesis makes a huge difference in losing body fat and putting mass on.

Then you can do legs at lunch time the next day and do some one legged calf raise on one of the steps in your house or apartment, or using a calf block whatever the case may be. Doing that extra twenty minute workout will make a huge difference in gaining mass.

For my personal story, I was stuck in the 80 kilo range. I only started to get really big and get up to 97 kilos once I started training twice a day. Sometimes I trained three times a day. In 1992 I got divorced and woke up one day at a 172 lbs. I started training three times a day. When I woke up on December 26th at 172 lbs, on January 1st I was 198 lbs. How did I put that much mass on? It was muscle memory but the reason I gained it back so fast was that I started training three times a day.

That is why that super accumulation workout is so popular on the internet when people have, like my speed skaters and my bobsleiders, gone a long time without strength training, jacking up the volume makes a big difference.

To recap, if you're going to train twice a day, you eat twice a day during workout shakes and twice a day post-workout shakes. If you're fat, no carbs for you, you just have protein, glutamine and glycine. You can find that on my regular website. If you are lean, you can have extra carbohydrates.

Your lifestyle will always determine the speed of your gains. I want you to try something. Get your body fat accurately measured. And don't go near a screen, for one week, for the last three hours of the day. Of course if you work, let's say as a reservation person for an airline you are going to be in front of a computer screen. But the three hours before going to bed: no TV, no iPad, no iPhone, nothing! Do something else. Read written hardcopy stuff, play Monopoly, do something else, but don't go on a screen. And then, give me your feedback. I'll be interested to know how much muscle mass you've actually gained. That's an extra bonus tip

Thank you for listening and enjoy the new strength!

