

Behind the Muscle with Tycie Coppett

Were you always fit?

I've always been athletic. I started a sports regimen in the sixth grade and have continued my athletic journey to present day.

When did you decide to compete & why?

I decided to compete because everyone in the gym kept asking me if I competed. After running track for four years in college, I missed the concept of "competing": I had no frame of reference at that time regarding bodybuilding, but decided to give it a try to see what the talk was all about.

What did it take to transform your body?

I think the recipe is the same for everyone: discipline, time, and patience.

Tell us about your journey from first show to pro?

Many are not aware that my first time on stage was as a bodybuilder. At that time, other than fitness, that was the only option for women competitors. I tried bodybuilding and placed second in my first NPC show. I was told due to my height I needed to put on more size. That wasn't something I wanted to comply with at that time, so I refrained from competing but continued to train. A few years later figure was introduced. I competed in a local NPC show and again, placed second. It wasn't until three years later that I stepped on stage again. I competed in 2006 in figure and won the Atlantic and was crowned the Overall Figure Champion for the Eastern Seaboard. From there I went on to compete at Team Universe for my pro card and landed sixteenth place. That was my last show in 2006.

Four years later I stepped on stage again. Upon my return, I was crowned the 2010 Overall Figure Champion of the Excaliber. That was enough to light the fire from within. In the 2011, I returned to Team Universe to redeem myself. I placed third, missing my pro card by one place. The judges stated I could either scale back on my muscularity and try again or switch to the new physique division. I was unsure about which direction to take. I followed my heart, took a leap of faith, and chose to compete in women's physique for the first time at Nationals. That night I walked away with my pro card.

How long is your prep?

I like to get my mind together at sixteen weeks out. Twelve weeks out, I'm fully committed.

What type of splits do you follow in your training plan?

I train intuitively. Typically I train each major body part twice a week with at least two days rest between training periods.

What type of nutrition plan do you follow?

While prepping for a show, I eat the bodybuilding staples: lean meats, green vegetables, egg whites and oatmeal. I typically incorporate one cheat meal a week until I am six weeks out.



How much cardio do you do?

It varies from show to show. Some shows I only need to do 30 minutes per day while others I needed an hour and fifteen minutes. The difference is primarily due to how lean I am as I enter into competition prep. Regardless, I never go over an hour and fifteen minutes. I prefer a slower process by dieting a little longer than doing cardio for two hours a day.

Who was/ is your greatest influence?

God.

What's the most important piece of advice you received and from whom?

Never let intimidation rule your heart. I don't care what they have or who they are. You are a Coppett. ~ My Mother

How do you manage the mental aspect of the sport?

This sport is 110% mental. It takes great fortitude on many levels to remain mentally sound. As for me, I believe over the years as a high school and collegiate athlete, I was groomed for the mental requirements of this sport. I beat to my own drum and acknowledge the fact that my destiny nor my sense of worth is not connected to a placing or trophy. Once you master this golden nugget as a competitor, the rest is easy.

What is the most memorable thing about your Olympia experience?

Probably: 1) Making history as part of the first WP group invited to the Olympia and 2) Standing on stage with DLB realizing I actually had a shot at winning the title.

Do you believe you can have a balanced lifestyle and compete?

I believe you can have anything you desire. I do and so do many others that compete. For me, balance is important.

What's your favorite cheat meal?

Lemon pepper chicken wings.

What's next for you?

Olympia 2016.