

Solo 401(k) plans can provide larger contributions to proprietors or sole S-Corporation shareholders at income levels of approximately \$300,000 of Schedule C income or \$288,000 of W-2 wages, based on the 2026 annual additions limit of \$72,000 and applicable employer contribution formulas.

Self-Employment Compensation						
Schedule C Profit	\$50,000	\$75,000	\$150,000	\$200,000	\$275,000	\$360,278
Less SE Tax Deduction	(\$3,532)	(\$5,299)	(\$10,597)	(\$14,117)	(\$15,121)	(\$16,263)
Net Earnings for Contribution	\$46,468	\$69,701	\$139,403	\$185,883	\$259,879	\$344,015
W-2 Wages for Incorporated Business						
W-2 Income	\$37,172	\$55,760	\$111,520	\$148,704	\$207,900	\$275,212
SEP Plan						
Maximum SEP Contribution	\$9,293	\$13,940	\$27,880	\$37,176	\$51,975	\$68,803
Solo 401(k)						
401(k) Deferral	\$24,500	\$24,500	\$24,500	\$24,500	\$24,500	\$24,500
Profit Sharing Contribution	\$9,293	\$13,940	\$27,880	\$37,176	\$47,500	\$47,500
TOTAL if Less than Age 50	\$33,793	\$38,440	\$52,380	\$61,676	\$72,000	\$72,000
Plus Catch-up if Age 50+	\$8,000	\$8,000	\$8,000	\$8,000	\$8,000	\$8,000
TOTAL if Age 50+	\$41,793	\$46,440	\$60,380	\$69,676	\$80,000	\$80,000
Plus Super Catch-up if Age 60-63	\$11,250	\$11,250	\$11,250	\$11,250	\$11,250	\$11,250
TOTAL if Age 60-63	\$53,043	\$57,690	\$71,630	\$80,926	\$91,250	\$91,250
Solo 401(k) Advantage < 50	\$24,500	\$24,500	\$24,500	\$24,500	\$20,025	\$3,197
Solo 401(k) Advantage 50+	\$32,500	\$32,500	\$32,500	\$32,500	\$28,025	\$11,197

A Solo 401(k) permits salary deferral contributions, as well as catch-up contributions for those over 50, in addition to the 25% contribution.