

# Taming the Taper

MAKING YOUR RACE DAY TAPER WORK FOR YOU

## WHY TAPER?

# 3%

**AVERAGE IMPROVEMENT  
IN PERFORMANCE**

### BASED ON YOU

**LENGTH AND  
INTENSITY  
SHOULD BE BASED ON WHAT  
WORKS FOR YOU!**



### MORE BENEFITS



**RESTED HEART  
INCREASES BLOOD VOLUME AND VO2MAX**

**RESTED MIND  
DECREASES ANXIETY**

## HOW LONG?



**4 DAYS  
TO  
4 WEEKS**

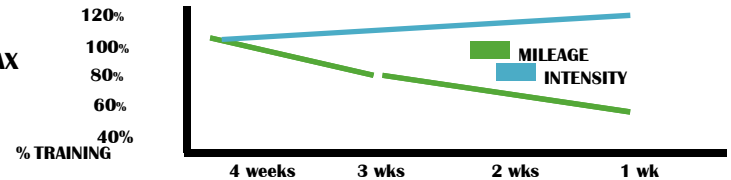
### BENEFITS

**RESTED  
LEGS**

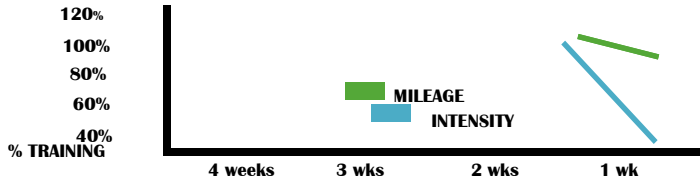
**INCREASES  
STRENGTH & POWER**



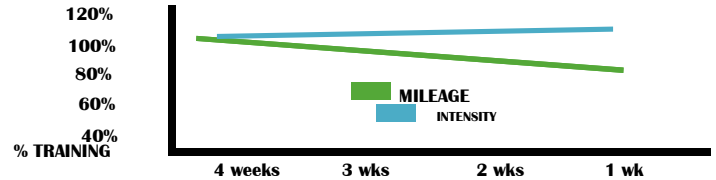
### AGGRESSIVE TAPER



### MINIMAL / MULTI RACE TAPER



### MODERATE TAPER



## RISKS

**IF NOT PERFORMED  
CORRECTLY**

- WEIGHT GAIN
- DECREASED IRON STORES
- DECREASED AEROBIC FITNESS
- ANXIETY

**PR !!**

- PROGRESSIVELY DECREASE VOLUME WEEK BY WEEK
- CUT DOWN INTENSITY BASED ON YOUR NEEDS
- PERFECT RACE PACE SENSATION
- KEEP LEG SPEED / QUICKNESS / KICK / TURNOVER
- EAT WELL
- GET LOTS OF REST
- GET TUNE UP BODY TREATMENTS / USE FOAM ROLLER / STRETCH / KEEP UP WITH CORE AND HIP WORK
- VISUALIZE SUCCESSFUL RACE DAY
- REPEAT YOUR RACE DAY MANTRA