



Tapering Tips by Suzanne

Two Weeks to Go

Your last long run should be two weeks before race day. This allows your body to fully recover from all those hard earned miles and to reap the physiological benefits of the increased mileage.

Practice

This weekend's run is a great time to practice:

- your fuel, hydration, warm-up strategy for the race,
- what you are going to wear such as clothing, pack,
- what you are going to eat the night before the race as well as testing out your pre-race meal,
- wearing the shoes you intend to wear on race day.

Tips

Here's some tapering tips:

- 1) **Decrease VOLUME** of training: 20% two weeks before, 10% more one week from the race.
- 2) **Keep up the FREQUENCY**: now is the time for shorter, easy runs or workouts, keeping up the rhythm you maintained during training.
- 3) Your **last SPEED workout should be about 10 days before race** day giving your body plenty of time to repair. This type of training causes tissue damage and should be kept at a minimum during your taper.
- 4) **HYDRATE, HYDRATE, HYDRATE!** Starting one week before the race. This is not the time to cut back on hydration OR nutrition despite the reduction in training volume. Start using electrolytes at least 3-4 days before the race.

- 5) **Don't try anything new.** Keep your routine going while trying to minimize stress, get adequate amounts of sleep, and engage in healthy activities that you enjoy calming your mind and easing pre-race jitters.
- 6) Give yourself a pat on the back. **The hard work is done.** Now go and have some fun!

Suzanne Foster

BA Psych, BScPT, CAFCI, CGIMS, MCPA
Registered Physiotherapist MSP 46363
216-2211 W 4th Avenue
Vancouver, BC V6K 4S2
Tel 604 730-9478
Email suzanne@w4pt.com
Web www.west4thphysio.com

I also practice out of home in North Vancouver
604 317-3378 suzfoster.sf@gmail.com