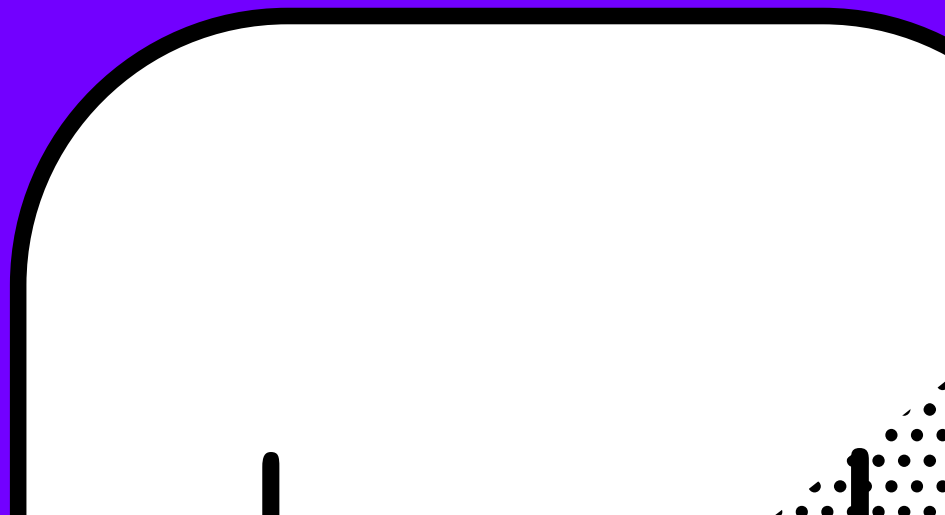
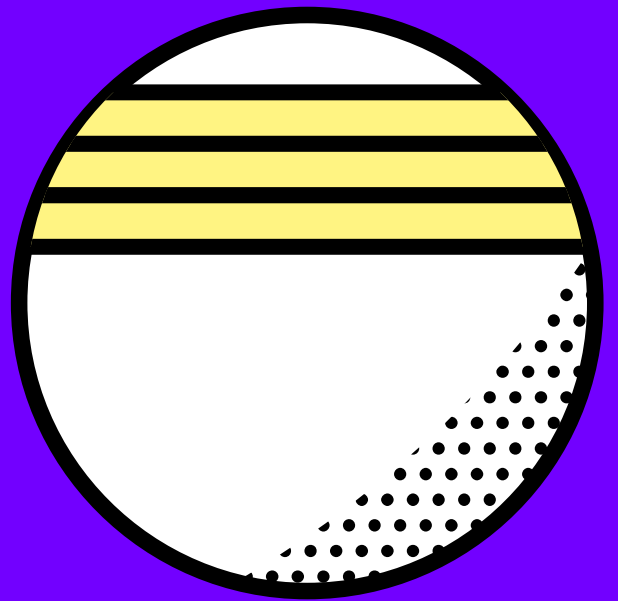




TAPERING

By Phil Robertson - Fitness Aspirations



Tapering

When you reach this point, the hardest part of your training is over!

Your training should peak no later than two weeks before the marathon and you should do minimal amounts of low-level running, or rest completely, the week before the event. There is a temptation to squeeze in “one more long run”, but it’s far better to turn up on race day slightly rested and injury free, than it is to start the race with a niggle.

With a reduction in training you may think “have I trained enough?”, “I’m too tired”, “can I really do this?” This is normal. Everyone goes through the same thoughts.

Don’t use ‘I should have’ in any of your narrative in the days/weeks leading up to your race. Instead, concentrate on what you have achieved throughout this journey, and mentally prepare yourself for the big day!

Remember... it’s just another run.

In the days leading up to your race get as much sleep as you can, relax and carb load efficiently. Remember, on the

morning of your race, eat what you are used to.

You don’t want any surprises on the day, so make sure you don’t eat, drink or wear anything new for the first time.

When you cross the start line, don’t run too quickly. The number of runners and the adrenaline, will likely make you want to run faster than usual. Whilst you’ll feel ok, it will most likely set you back later in the race.

