

TriCentric

E-TIP

Taper Tips



Dear Athlete,

If you have an "A" race... and chances are, you do... than it behooves you to have a taper plan to get the most from your training. For many, the taper period has as many pitfalls and mystery as their training. The taper period should enhance your training, ensure you are rested and at peak performance for your big race. Here are a few tips for a successful taper.

Cheers,

~B

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TriCentric Training

Tips for a Successful Taper

Tapering for a race can be tricky. It assumes that you have trained specifically for a race and are at peak form which you can/should only be able to do a few times per season. So... a lot is on the line for a successful race. Tapers come in many forms but the overall theme is reduced volume, enabling an athlete to race in a rested and ready state. Here are a few tips for your taper.

- **Have a Plan:** Don't just rest for a few days before your race. Have a taper plan that is specific to your race and the training that you have done for it.
- **Avoid over-eating:** As total training volume goes down during your taper... the same is not necessarily true of your appetite. You will have a bit more time than you are accustomed to which can lead to extra snacking and over-eating. Give your body what it needs and maintain nutritional discipline to ensure best results come race day.
- **Extra Sleep/Rest:** Plan to get an extra hour of sleep a few

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nights a week during your taper and add a power nap (20-40 minutes without reaching REM state) when possible. While this is always a good practice, it's not always practical or possible... plan this into your taper.

- **Maintain Intensity:** Tapering does not mean you're done training! It's part of your training and it's important to maintain intensity at or just above race pace to keep the nervous system tuned. Although your overall intensity volume is reduced, research shows that maintaining intensity during your taper is more effective.
- **Listen to your body:** Don't rely on your heart rate monitor, power meter or latest GPS gadget to tell you how you feel. Listen to your body and expect to feel "off" from your norm. Your body is busy rebuilding itself from all those training miles so listen to it and realize it's part of the process to showing up in peak fitness come race day.

****This is not intended to be a complete list nor does it include everything you need to know for race day. It is intended to be a snapshot of common ingredients for success.*

About TriCentric Training

TriCentric Training is a Pasadena, California based coaching company specializing in triathlon, cycling, running and bike fit.

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