

PLANNING YOUR MARATHON TAPER THE RIGHT WAY by Coach Carl; RunningCoachCarl.com



3 WEEKS OUT FROM RACE

75%
of peak mileage

- Resist the temptation to do too much this week. Backing off so that you can feel good in the rest of your taper will be a great psychological boost
- Most of this mileage reduction will come from a shorter long run and shorter workouts

2 WEEKS OUT FROM RACE

60%
of peak mileage

- This is a good week to take an extra day off if you feel like you need it
- Make sure your sleep, diet, and hydration are in a good place

RACE WEEK

50%
of peak mileage

- 50% of your peak mileage, not including the long run / race. You will be much higher than 50% including the race

WORKOUT NOTES / FOCUS

Still time for one more big workout. Could be a long marathon pace run to practice pace or a big set of VO2 max work. Good chance to hit whatever you felt was missing the most in your training one last time!



You don't want to cut back too much this week, but be careful not to overdo it. Pick a workout that you like and is relatively easy for you and focus on getting in maintenance work.



It's too late to do anything to help your race at this point. So make sure you don't do anything to hurt it! A light (and short!) tune-up workout early in the week is all you need.

THE DRESS REHEARSAL RUN

I'm a big fan of scheduling a "dress rehearsal" run in the last two weeks of marathon training. Mimic everything about the race you can: course, clothes, socks, shoes, wake-up time, time of the run, dinner the night before, breakfast the day of ... everything you can think of to limit potential race day surprises!