Marathon Taper Tips

You've trained for months for your upcoming marathon. Don't jeopardise all that hard work by making unnecessary mistakes in the final few weeks. Here are 5 easy to implement tips you can use during your final taper to ensure you are ready to go on race day

Reduce Volume
Run increasingly less as marathon race day approaches. Don't be tempted to squeeze in one more long run. Rather than improving your fitness, you risk carrying fatigue into race day.

Reduce Intensity
This doesn't always mean running slower in workouts but rather stopping workouts before they become exhausting. Run 50-60% of your normal workout at the same speed - stopping before the heavy fatigue kicks in.

Maintain Frequency
A common mistake is to drastically cut the frequency of your runs, this can lead to a sluggish feeling on race day. Continue with your usual running frequency and reduce the volume & intensity as per tips 1 & 2.

Include Race Pace Running
Help your body to fine tune exactly how this pace feels which is especially useful to do during the taper period as it may be the first time you have practiced this pace on fresh and rested legs. This will help to ensure you do not start the race too aggressively - a bad move in a marathon.

Include Fast Running
Running slowly and easily will leave you feeling stale and heavy. Include post run strides or mini fartleks within your last runs before the race. This will keep your legs feeling snappy and fast leading into the race.

The Kenya Experience