CAUTION: Beware of Tapering Runner
May be cranky, irrational & moody

T – Trust in your Training

A – Align your Attitude

P – Prepare and Visualize your Race Day Strategy

E – Embrace the Up's and Down's

R – Rest and Recover

Tapering Tips

1. Reduce weekly mileage 3 to 4 weeks out. Your last long run should be in this time frame. The last long run can be done in miles or time or a back-to-back. Some runners do a 50-mile race or training run in advance.   As a coach and runner, unless it was easily built into my plan, I don't think a 50 is necessary to complete a 100. That's of course saying you've been adhering to your training plan over many months and showing up consistently.

2. There's nothing going the extra mile is going to get you except tired. Check yourself before you wreck yourself.

3. Keep some intensity to your runs but the overall mileage is shorter.

   Some personal favorites of mine:

   - 5 miles with the following: 2 mile warm up: 2 miles at tempo pace (faster than an easy pace) 1/2 mile at slightly faster tempo. ½ mile cool down
   - 3 to 6 miles with 10x30 second strides or add in 10x1 min pick-ups.

   The goal is to keep running but sharpen and freshen your legs and body. Leg turnover (running faster) is a great way to accomplish this. It leaves you feeling strong and confident. It shouldn't leave you depleted, rather challenge your effort. Every bit of increased leg turnover will greatly benefit your 100-mile race.

4. Mental Training is essential and often overlooked. As much as you train your body physically, you need to brain train.

   Train (Your Brain) Like an Olympian:

   Gold Medal Techniques to Unleash Your Potential at Work By: Jean François Ménard