Final Prep for Boston

**MOST IMPORTANT CONSIDERATIONS OVER FINAL 3 WEEKS**

* Maintain level of fitness
* Get as healthy as possible
* Develop race day plan for pace, nutrition & hydration
* Mentally prepare for challenge
* Clean up loose ends, eat clean, hydrate, stretch, roll, strength train, cross train, get new sneakers (if needed)

**TAPERING**

Tapering refers to reduction in training mileage and intensity during final weeks prior to race. This allows for optimal recovery of muscle tissue resulting in top performance on race day.

Taper has 2 parts: Long run taper – Begins this week Weekly Taper – Begins final week unless you are running greater than 50 miles per week.

**FINAL 3 WEEKS**

**3/30-4/5**

* Typical training week although first few days may be reduced due to residual fatigue from 21
* Hills - normal or slight reduction (due to 21)
* Continue to strength train, stretch, roll, cross-train.
* Saturday 4/4 run: Easy 10-12 (beginning of taper)

**4/6-4/12**

* Typical week – continue normal training unless you are running greater than 50/week (reduce to 25-30 if that’s the case)
* Hill run this week is last hard hill effect
* Strength training, cross training, normal
* Saturday’s run is easy 8 miler (4/11)

**4/13 – 4/19**

* Taper begins Tuesday with only 4 hills
* Wednesday normal – last day of strength training for legs
* Thurs- Sunday scale back normal training by 50% Thurs, Fri, with Sat & Sun 1-3 easy Monday a day off
* Fri – last day of core & upper body lifts
* Continue to roll & stretch right until race