

Taper/Hydration/Nutrition/Pacing

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TAPERING

- **Why?**
 - Allows full recovery before race
 - Restore depleted glycogen and hormones
 - Arrive to starting line fresh and ready
- **Begin 14 days out from marathon.**
 - Hay is in the barn
 - Less is more

So, What Does Tapering Look Like?



Example Of Taper

MON	TUE	WED	THUR	FRI	SAT	SUN
1 HOUR EASY	W/U 4X3X90 C/D	75 MIN EASY	45 MIN EASY	1 HOUR EASY	OFF	90 MIN LAST LR
45 MIN EASY	W/U 6X60X 2 @ 80% C/D	45 MIN EASY	OFF TRAVEL DAY	30MIN 6X30SEC STRIDES	OFF	MARATHON

ALL THAT EXTRA TIME!

How To Spend Your Spare Time:

- GET A MASSAGE
- FUEL UP- EAT THOSE CARBS
- STUDY RACE COURSE (aid stations/hills/mile markers/porta johns)
- KNOW YOUR RACE PLAN (breakfast, start/finish transportation, pacing, nutrition/hydration, racing kit, mantras)
- REST

RACE MORNING NUTRITION

- SET ALARM 3 HOURS BEFORE RACE.
- AIM FOR 300-400 CALORIES
- SLOW RELEASE CARBS BEST
 - Plan to eat slow-release carbohydrates for breakfast (Complex Carbs). Complex carbs are absorbed slowly which means the glucose is slowly absorbed and you wont have a rapid insulin spike.
- GO BACK TO BED

EXAMPLES OF COMPLEX CARBS



HYDRATION/NUTRITION



HYDRATION/NUTRITION

- Practice Hydration and Nutrition in Training.
- What does the race provide on course for hydration/nutrition?
- If you opt to use your own nutrition; how will you run with it?
- How often do you need to take a gel?

PACING

DO NOT GO OUT TOO FAST!

I REPEAT.

DO NOT GO OUT TOO FAST.

YOU WILL PAY FOR IT LATER.



PACING METHODS

- Most marathons offer pacer's for different race time finishes- find your pace group!
- Calculate your splits ahead of time. (Write on tape to keep on arm/shirt)
- Use a GPS watch- beware they can go wonky so have a backup plan. (Know your mile splits)
- Practice pacing in your training.

Calculate Your Splits

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Running Pace Calculator

Calculate your finish time for popular race distances (5k, 10k, 10 mile, Half Marathon, Marathon) based on your expected pace.

7 min 0 sec

min/km min/mi

Set Pace

Dist (mi)	6:00/mi	6:30/mi	7:00/mi	7:30/mi	8:00/mi
1	6:00	6:30	7:00	7:30	8:00
2	12:00	13:00	14:00	15:00	16:00
3	18:00	19:30	21:00	22:30	24:00
5k	18:38	20:12	21:45	23:18	24:51
4	24:00	26:00	28:00	30:00	32:00
5	30:00	32:30	35:00	37:30	40:00
6	36:00	39:00	42:00	45:00	48:00
10k	37:17	40:23	43:30	46:36	49:43
7	42:00	45:30	49:00	52:30	56:00
8	48:00	52:00	56:00	1:00:00	1:04:00
9	54:00	58:30	1:03:00	1:07:30	1:12:00
10 mi	1:00:00	1:05:00	1:10:00	1:15:00	1:20:00
11	1:06:00	1:11:30	1:17:00	1:22:30	1:28:00
12	1:12:00	1:18:00	1:24:00	1:30:00	1:36:00
13	1:18:00	1:24:30	1:31:00	1:37:30	1:44:00
1/2 Marathon	1:18:39	1:25:13	1:31:46	1:38:19	1:44:53

MANTRAS

- Don't think, just run!
- I am strong!
- Pain is temporary!
- One more mile!

What Mantras Do You Use?