

## Tapering Tips

- Don't attempt long runs or short runs especially in unknown terrain
- Be careful with your workouts and try not to push
- This is a short time for recovery
- Don't try to make up for lost time and lost training runs
- Sort out the running gear including shoes and keep them carefully
- Watch what you eat
- Avoid alcohol
- Avoid large crowds and places where the chances of catching an infection is high
- This is the time to focus on mental preparation and visualise you race day and plan for it
- Be positive throughout this period – you will complete your gruelling training journey
- Bottom line – you need to be really really fresh in race day!