



***Great beginnings are not as important as the way one finishes.***

*Dr. James Dobson*

TAPER! The physical work winds down and the psychological work ramps up! The first few days will be blessed with the light-hearted feeling that your volume is back to mere mortal levels. Then it hits you... *Am I really prepared? Shouldn't I do just a little more? Perhaps I will try all the race distances one more time to be sure I have them dialed in. My IM friend says that he is going to do 7 more hard workouts and I should too!* **STOP!!**

This internal chatter is as inevitable as taper-pains. **What?** Those little annoying pains that creep up during taper. Do not fret. It is all part of the natural progression of a good training regime. Linda taught me that!

Your goal is 3-fold:

1. stick to the plan
2. get lots of rest
3. mental train to plan YOUR success and yours alone

CONSIDER THIS!:

- Do NOT adjust the training waayy downward (get lazy) or conversely clean your house top-to-bottom
- Do NOT recant your race plan ad nauseum to your family, friends and co-workers
- Do NOT let race-day nerves get the best of you
- Do NOT second guess your physical training preparation. Time for more fitness is over.

Stay very clear about one thing: there are items in your control and items out of your control. Categorize issues as they come up so you don't lose focus on what's important. Not sure what's important? Re-read the training plans and race preparation memos – and see above!!

NOTES: Work toward the goals, but if you feel “flat” or “heavy” after 15 minutes, stop the training and go read a book or fuss on facebook. Your body needs recovery and it is much better to honor that process than push through exhaustion. Don't make this decision until you are 10-15 minutes into your training. Don't sleep in or skip it. Try it. Some trainings will give you energy, some will create fatigue. I hope that balance makes sense for the next week.

<b>8 R A C E  P R E P  T A P E R</b>	<b>O F F</b>	<b>Brick: Cycle/Run</b>	<b>Swim</b>	<b>Run</b>	<b>Swim</b>	<b>Brick-for-Fun! Cycle/Run</b>	<b>Long Run</b>	
		Cycling 1hr Run 1 mile	<b>Open Water Time Trial 1.5 Miles</b>	6 miles	1 hour	30 miles LF Spots Park	8 miles Splits: 2/4/2	
		Cycle - Cadence 90 RPMs Steady but moderate intensity	Open water is preferable, but pool works if that's what you've got!	Since you are now well acquainted with your run/walk interval strategies, focus this run on going faster during your run time than your comfort zone. No sprinting! Just strong running with a 1-minute walk interval.	Open Water or Pool	Steady, mental training, movement forward without stopping but not too challenging	Steady and Strong!  30 min Run	2 miles=Easy 4 miles=Mod 2 miles=Hard
		Choose a flat or rolling course. Goal is to keep a high cadence with a lower gear					What a treasure! Enjoy the scenery on Santiago!	*Mental training run make your best 2 miles at end.  10 minute WALK to cool down, then stretch and ROLL!
		<b>STRETCH AND ROLL</b>		<b>STRETCH AND ROLL</b>		<b>STRETCH AND ROLL</b>		