

Race Day is Coming. How to Taper Your Marathon Training.



Sports Performance CENTER

Fall 2015



Finding the Perfect Running Shoe

Harry Pino, PhD, exercise physiologist, spoke recently with BuzzFeed about how runners can find the running shoe that fits them best, factoring pronation, cushioning, and other factors.

Finding the right shoe and fit is important for injury prevention.

[Take the quiz](#)

Top Stories



Fall into Fitness: Staying Fit as Cold Weather and the Holidays Approach

Fall is the perfect time to start fitness programs to stay fit through the colder months and winter holidays. Plan ahead to prevent obstacles and setbacks to your training, anticipating the challenges that you might encounter by following these tips:

- Set a workout schedule. Decide what days and times will work and get into the habit of regular exercise now. The stronger your habit is by October and November, the less likely you will be to skip it when conflicting plans and cold weather arrive this winter.
- Make new traditions. With travel and festivities on the horizon, it's easy to over indulge and underperform. Try some new activities with family and friends to create new and healthy traditions—perhaps a bowling night, billiards contest, or dance party, instead of the standard dinner or happy hour.
- Add fun. Get active and have some fun with fall chores. Let the leaf blower rest while you flex your raking muscles. Chop your own wood for

campfires and wood stoves. Enjoy some good old fashioned apple picking—and maybe some tree climbing while you're at it.

- Switch to HIIT. High intensity interval training (HIIT) is a time-saving style of cardiovascular exercise that results in great health and fitness benefits in a shorter time period than conventional aerobic exercise. Instead of doing an hour-long elliptical workout at a steady state heart rate at 60% your max effort, you can do 10 reps of 1-minute sprints at 90% max effort with 30-60 second recovery jogs in between. You can do this on an elliptical, bike, treadmill, or with no machines at all. Jumping jacks, mountain climbers, jump rope, squats and lunges count too!

Join us at our upcoming lecture, *Maintaining your Weight through the Holidays*, on Monday, November 9. [Learn More and register.](#)



Marathon Preparation: Tapering Tips

As race day nears, and you're starting to lose count of all your miles logged, you should be shifting your focus on winding down your training to peak on race day.

Tapering your training allows your muscles to recover and rebuild, enables you to maintain the fitness that you've accumulated, and replenishes the energy stores you may have depleted. As a bonus, the taper also serves as a time to refresh your motivation and mental strength, since training fatigue affects the mind as well as the body.

Studies have shown that this turning point in your training from high volume to a taper should start three weeks prior to your marathon.

Follow these additional tips for your three-week taper:

- Reduce volume but maintain intensity. Decrease the number of miles you're running, but include a few solid workouts. For example, three weeks from the marathon, race a tune-up 5K or 10K. Hit the track two weeks out for a 3x mile workout at 5K pace. Keep doing strides once or twice a week. Speed work keeps your legs sharp and builds confidence in the days leading up to your race.
- Keep your easy runs easy. With your legs feeling fresh from all that extra rest, you may be tempted to hammer what was scheduled to be an easy run. Don't. You'll only be hurting your race day performance.
- Don't worry about gaining weight during the taper. Maintain your regular eating patterns. If you find yourself a couple of pounds heavier on race day, it's probably because you have finally returned to proper glycogen and hydration levels, not because you've gained excess fat. And that's a good thing. Keep your nutrition plan simple during your taper, and don't try anything new.
- Do whatever you can to avoid outside stressors. Being aware of emotional and mental stress is vital to our bodies' ability to perform. As race day approaches, try to avoid ambitious undertakings or projects with deadlines. Get plenty of sleep, and aim for a bedtime before midnight.
- The taper applies to more than just running. The extra energy you have might motivate you to throw in a few extra sets of reps at the gym or to tackle a Michael Phelps-level workout in the pool. Don't. Your taper is all-encompassing.

- Know your body (and mind). Everyone responds differently to tapering. Age, injuries, illness, schedule, stress, and other factors may shape your taper. Some people like a shorter taper. Others need the assurance that they are well rested. Know what works for you and stick with it.
 - Go for a light jog the day before your marathon. Believe it or not, your body will benefit from a very easy “shake out” run the day before race day. Keep your run extremely easy and short—no more than two or three miles. You’ll get the blood flowing and shake out those pre-race nerves.
 - Don’t worry, don’t over-think, don’t over-analyze. While positive visualization can be a good thing, dwelling too much on race day often leads to unnecessary stress. Instead, find other things to occupy your mind.
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Get to Know Our Programs



Sports Performance Programs

We offer personal training that helps you maximize your cardiovascular



Metabolic Testing

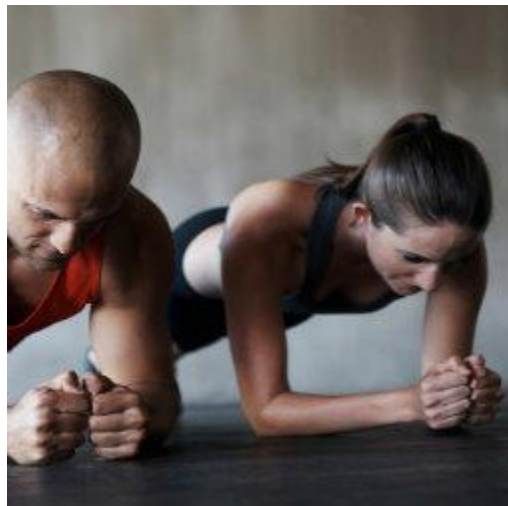
Metabolic testing is used to help athletes of all levels. We evaluate your current level of fitness and develop

health and musculoskeletal strength while reducing the risk of injury. Our sport-specific training programs can help you improve your skills in golf, running, cycling, triathlons, swimming, baseball, tennis, and more.

[Learn More](#)

strategies for performance improvement. We use a ParvMedics True One metabolic cart to measure an athlete's individual physiological response to exercise. Services include lactate profile, resting metabolic rate testing, anaerobic power assessment, and VO2 max testing.

[Learn More](#)



The Running Lab

Based on the latest research on endurance running. Our experienced team of physical therapists, exercise physiologists, and registered dietitians provides specific recommendations designed to help you achieve your running goals.

[Learn More](#)

New! The Running Lab: Strength and Conditioning Class for Runners

Clinicians from "The Running Lab" provide a tailored cross training program designed for runners of all levels that focuses on key muscles and joints proven to improve running mechanics and economy.

Classes are offered Mondays from 7:00 pm-8:00 pm.

[Email to register here](#)

In the News



Take out: a healthy alternative?

Clinical Registered Dietician, Samantha Heller, makes an appearance on *CBS This Morning* explaining why ordering takeout maybe the healthier alternative. [Watch the Video](#)



The cold hard truth: post workout ice bath

Senior Clinical Exercise Physiologist, Harry Pino, PhD, explains the benefits of a post workout ice bath in *Shapemagazine*. [Read the article here](#)



20 essential checks to help you run faster

Senior Clinical Exercise Physiologist, Harry Pino, PhD, explains the importance of a gait analysis and how it can help improve your running. [Read the article here](#)

Events

NOV

CMC Lecture: Maintaining your Weight through the Holidays



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