

# TRAIL MENORCA CAMÍ DE CAVALLS

## TAPERING STRATEGY

### WHAT SHOULD YOU BEAR IN MIND DURING THE LAST WEEK OF TAPERING?

#### VOLUM OF TRAINING

1. Progressively reduce the volume of training sessions by 60-90% while maintaining the frequency with mobility and stretching sessions to keep you active.

#### QUALITY TRAINING

2. Prioritise quality training, high intensity sessions (adapted to your pace - with an HRmax between 70-90%).

#### DREADED STIFFNESS (DOMS)

3. To avoid the dreaded stiffness (DOMS), the last strength session should be done 5-6 days before the race, you can do sessions that do not involve a high load of muscle damage.



#### STRESS AND NERVES

4. We know that after so many weeks of preparation the psychological load is very high. To try to minimise stress and nerves, share your feelings with a colleague and do other activities of lesser load; such as meditation, yoga, bike ride...

#### NUTRITIONAL STRATEGY

5. Have a nutritional strategy for the race: What am I going to eat? When? Where? How?

#### IMPORTANT!

1. Get proper rest (7-8 hours of sleep a day)
2. Take a good hydration and nutrition:
  - Avoid alcohol and tobacco
  - Maintain a healthy and balanced diet
  - Avoid foods high in fibre for the 2 days before the event.
  - Increase the amount of good quality carbohydrates (60% of the daily requirement is advisable).

#### And above all...

Don't make last minute changes, don't improvise, follow your routine and enjoy the whole process.