



Dealing with Taper week.

You've come off a big training block and now is the time to take the foot off the gas and get to the finish line strong, fresh, positive and motivated. Here are a few things to expect and to plan for.

1. You can expect to feel tired, weak and sluggish. This is natural. Your body is recovering from the training. Some of you might also experience a drop-in performance. There is no reason to fret about this. Its all part of recovery.
2. For those watching your Training Peaks numbers, you can expect your combined training load (CTL) to drop slightly. This is perfectly fine and the reason for this is that you are not training at the same volume as you were two weeks ago. Training load is no longer top priority. Being on form is. The number that I will be monitoring is your (TSB) ideally by race day, I'd like you to be as close to 0 as possible but anything + or - 15 of 0 is fine.
3. Here are the things that you need to be doing this week:
 1. Read the race briefing. Be completely familiar with every aspect of the events leading up to race day as well as the proceedings of the day itself.
 2. Make rest a priority. Sleep as much as you can.
 3. Avoid people where you can – you want to stay healthy. Also, always have hand sanitiser close by and wash your hands regularly.
 4. Eat to sustain (not gain) energy. Eat to satisfy your hunger (eat normally) and stay energised but please don't overeat. The notion of "carbloading" is archaic and senseless. I am happy to attach references of science-based studies that back this statement. The very last thing anyone wants is to be toeing the start line is feeling heavy.
 5. Mentally rehearse your pacing and nutrition strategy. These are two things in your control that could make or break your race.
 6. Check, check and double check that all your equipment and nutrition is ready to race.
 7. Practice positive visualisation. Use this to visualise: how you will feel waking up on race day, taking on your pre- race nutrition, arriving at the venue, at the start line. Visualise how you will master the swim start, the swim, T1, the bike, T2, the run. And finally – picture the best possible finish imaginable. Manifest the best race possible – the law of attraction is real!
 8. Keep it real. You are out there to be the best that you can be but NOT at all cost. This is a healthy part of your life but not life itself. Have fun!!! Be grateful.