

# F.A.S.T. MARATHON TAPER

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A successful marathon taper isn't about just resting before the race. There are four components that comprise a F.A.S.T. taper that you need to address to be ready to run your best on race day:

## FRESHEN UP

People often cut mileage too much during the taper. The goal is to eliminate fatigue rather than to be fully rested. Cut back long runs and speed work volume, and cut miles off the runs most likely to tire you out (medium-long, day after workout, etc.)

## ADJUST YOUR RACE PLAN

During your training you've been learning what works re: pacing, fueling, hydration, and mental tricks. Now is the time to take that info and be honest about what your goals and approach will be and nail down that mindset for the final three weeks

## SHARPEN GOAL PACE

Practicing your goal pace should be heavily emphasize during your taper. You want it to feel like second nature on race day. Practice pace in workouts, at the end of long runs (when fatigued), and on a course / surface that is similar to your race course.

## TAKE CARE OF YOU

Don't wait until the week of the race to start getting good sleep, eating right, cutting back on life stress, and staying hydrated. The earlier in your taper you can establish these habits the more effective they will be.