

April 2007 Boston Taper Plan

1. Your primary goal for the next 2 weeks:

- a. Taper by cutting way back on mileage
- b. Run T and MP runs when possible
- c. Rehearse fluid replacement regimen
- d. Create a checklist of what you need – all options for cold or heat and pack several days before you actually leave.
- e. Get extra sleep, good nutrition and fluids
- f. Review race plan with Coach Reif several days before departure.

Your training paces: Use current VDOT _____

If unsure of your training paces, check with Coach Reif at coachmr@rochester.rr.com

Training paces based on your current VDOT:	Goal race paces:
Easy/Long pace (E/L) = _____/mile	
Marathon Pace (MP) = _____/mile	Marathon Goal Pace (MGP) = _____/mile
1/2 Marathon Pace (.5MP) = _____/mile	
Lactate Threshold (T) = _____/mile	(10K GP) = _____/mile
VO2 Max (I) = _____/mile	(5K GP) = _____/mile
Repetition (R) = _____/400	1500 or (mile GP) = _____/mile
Strides (S) = focus on bio-mechanics @ R pace	Other:

April: 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total weekly miles goal
1 1 hour @E	2 Easy	3 2 miles @ E plus 2- 3 x 2miles @T with 2 min. recovery plus 1-2 mi.@ E	4 Easy	5 2 miles @ E, 2 miles @T, 2 min. rec. then 1 hour @ E	6 Easy	7 4 miles @ MP	60-70% of your peak weekly mileage
8 1 hour @ E	9 Easy	10 1 hour run @E, include 2 miles @ MP	11 2 E + 3 x 1 mile @ T w/ 2 min. recovery, 2 E	12 45 min @ E 4 x 1 min. strides	13 30-40 min E plus 2 x 200m strides	14 off or 20-30 min @E sleep well	35-40% of peak weekly mileage
15 On course if possible 30 min @ E plus 4 x 50 m strides	16 Boston Marathon	17 Walk/jog 2 miles	18	19	20	21	
22	23	24	25	26	27	28	
29	30						