

"TAPERING" FOR MEETS AND CHAMPIONSHIPS

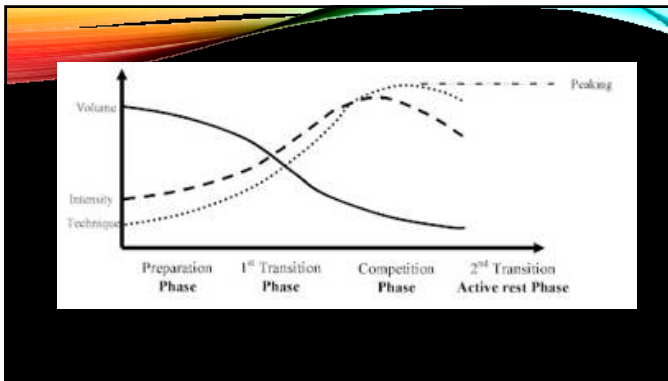
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"TAPERING"

- Preparing the SA at the end of the season to perform at their best at the determined target meet.



- Tapering for championship season can be a misnomer. Many reduce volume AND intensity as championships approach.
- This can cause a negative training effect in the SA both physically and mentally.
- Volume should be reduced, especially for tempo and recovery runs. Intensity should either be maintained, or increased.
- Peaking (Championship Phase) should start 6 weeks before target meet.



OUR PROGRAM PHILOSOPHY

- In our program at Spanish River High School, we never intentionally ran through meets. There were meets that we knew the athletes would not be at their best physically, but we wanted them to always be mentally ready to perform at their best.
- There would also be meets that we would work on specific race and team strategies.
- We would only run one meet a week (rarely would we run two a week, only if scheduling problems occurred).

- We also scheduled meets that the newer athletes to the team would run, while the veterans did a separate workout.
- We also took a two week training period between the last meet of the competition phase, and the first championship meet.
- In every case, we wanted the athletes to prepare to run their very best, at every meet.



OUR MINI-TAPER-CROSS COUNTRY

- Two days before a meet, we would run 5 miles easy
- One day before the meet- 3miles easy.
- Each day would include our normal warm-up
 - Two miles
 - Form Drills
 - Active Stretching
 - 6-8-30 meter files

Cool down
 10 X 100-first one done at speed of last run, and then progressively slower
 800 jog
 Flexibility and core.



OUR MINI TAPER-TRACK SEASON

- Two days before the meet
 - 4 miles easy
- One day before the meet
 - 2 miles easy
 - Relay handoffs (4 x800 or 4 x 400)



CAVEAT TO MINI TAPERS

- For our mini tapers
 - We did not take a rest day during the week. Sunday workouts were prescribed that the SA would do on their own.

CROSS COUNTRY PEAKING WORKOUT

- Dr. Joe I. Vigil
- 3 weeks before target meet
 - 1.5 miles all out-15 minute jog-2 x 800 at specific pace (boys-2:15 girls 2:45)
- 2 weeks before target meet
 - 1.5 miles all out-15 minute jog-1 x 800 at same pace as before
- Week of target meet
 - 1 mile all out

TRACK PEAKING WORKOUT

- 4 weeks out
 - Speed ladder-100-200-300-400-300-200-100 jog previous distance in between
- 3 weeks out
 - 9 x 200 negative split-each three
 - i.e. -3@35 3@ 33 3@31 (girls)
- 2 weeks out
 - 9 x 200
 - Negative split-faster than previous week
- 1 week out
 - 3 x 300 3 x 200 3 x 100.

QUESTIONS?

