



TAPERING TRAINING PLAN

BY FRED VAN LIERDE






BEGINNING OF THE WEEK

One key session per discipline a day, which includes some specific race pace efforts. The pace obviously depends on the distance of your race!

Complete 3-5 intervals of 2-4' minutes each, and don't be tempted to add any more, you don't want to tire the muscles too much.

If you have extra time, you can add an extra swim or bike, but keep it very easy!

Monday	Tuesday	Wednesday
		
Bike 2-3h easy including 5x3' @race pace	Run warm-up 3-4x 800 or 1000m @race pace cool down	Swim main set of 8x200

LAST FEW DAYS

Integrate some very short intervals to keep the legs sharp.
Try to avoid spending long periods on your feet if possible (i.e shopping or sightseeing aren't so great)








RECOMMENDED COMPRESSPORT PRODUCT:

To keep the legs fresh

FULL SOCKS RACE & RECOVERY

Multipurpose black compression socks providing optimal muscular protection to increase performances and speed up recovery.

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Thursday	Friday	Saturday	Sunday
			
Bike very easy ride or full rest day	Last Run 40' super easy and relaxed	Bike 45-60' easy spin, integrate some 10-15" accelerations <i>but nothing that stays in the legs</i>	Race Day! Enjoy
			
	Short swim 30' with some short sprints (if possible on the course if not in available pool)		

FRED'S RECOMMENDED PRODUCTS:



R2 OXYGEN CALF SLEEVES BLACK

The ultimate black calf compression sleeves for ultra performances under hot temperatures with an extra dose of comfort.

[LEARN MORE](#)



PRO RACING ULTRALIGHT CAP BLACK

Black performance cap protecting you from the blazing sun and the heat while allowing perfect ventilation to keep you fresh.

[LEARN MORE](#)



SWEATBANDS 3D.DOTS BLACK/RED

Black and red multisport wristband to wipe perspiration from your face with ultra-absorbent properties and fast-drying fibers.

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YOU RACE
WE SUPPORT
YOU