

Tapering Training Plan Example

Week 1 Baseline:		Week 2 Tapering Week:		Week 3 Tapering & Race Week:	
Monday	Training - RPE: 7-8 (Hard) Intensity: Maintain the usual training pace, feeling moderately challenging to hard.	Monday	Training - RPE: 5-6 (Moderate) Intensity: Reduce the effort slightly, aiming for a moderate intensity.	Monday	RPE: 4-5 (Light to Moderate) Intensity: Further reduce the effort to a light to moderate intensity. Focus on a steady and controlled pace, avoiding high-intensity efforts.
Tuesday	Rest Day	Tuesday	Rest Day	Tuesday	Rest Day
Wednesday	Training - RPE: 7-8 (Hard) Intensity: Maintain the usual training pace, feeling moderately challenging to hard.	Wednesday	Training - RPE: 5-6 (Moderate) Intensity: Reduce the effort slightly, aiming for a moderate intensity.	Wednesday	RPE: 4-5 (Light to Moderate) Intensity: Further reduce the effort to a light to moderate intensity. Focus on a steady and controlled pace, avoiding high-intensity efforts.
Thursday	Rest Day	Thursday	Rest Day	Thursday	Rest Day
Friday	Training - RPE: 6-7 (Moderate to Hard) Intensity: Maintain the usual training pace, feeling moderately challenging to hard.	Friday	Training - RPE: 5-6 (Moderate) Intensity: Reduce the effort slightly, aiming for a moderate intensity.	Friday	RPE: 4-5 (Light to Moderate) Intensity: Further reduce the effort to a light to moderate intensity. Focus on a steady and controlled pace, avoiding high-intensity efforts.
Saturday	Rest Day	Saturday	Rest Day	Saturday	Rest Day
Sunday	Best effort benchmark	Sunday	Training - RPE: 5-6 (Moderate) Intensity: Reduce the effort slightly, aiming for a moderate intensity.	Sunday	Best effort attempt