



Training Countdown & Taper Schedule

First row is an example

Included is a daily schedule for the last three weeks leading into race day - for calculating and planning taper week and day mileage

Race Name	Race Date	Today	Remaining	Weeks	Schedule	Peak Week Miles:	Miles
Tokyo 2020	3/1/2020	12/30/2019	61 days	9		Week 1 Week 2 Week 3	75% 50% 25%
						64	

% of Peak Week	3 Week Taper Schedule	Miles Plan	Miles Actual
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75%	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
75%		0	0

50%	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
50%		0	0

25%	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
25%		0	0

Week Ended Sunday	Nov 10	example
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1		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		

Race Day

Race Day