



# Training Countdown & Taper Schedule EXAMPLE

This sheet allows for tracking weeks remaining within a training program until race day  
 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	64	48
Boston 2020	4/20/2020	12/30/2019	111 days	16	Week 2		32
					Week 3		16

Week Ended Sunday
1
2
3
4
5
6
7
8
9
10
11
12
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20
21
22
23

% of Peak Week	3 Week Taper Schedule	Miles Plan	Miles Actual
75%	Monday, February 10, 2020	10	
	Tuesday, February 11, 2020	6	
	Wednesday, February 12, 2020	8	
	Thursday, February 13, 2020	0	
	Friday, February 14, 2020	4	
	Saturday, February 15, 2020	16	
	Sunday, February 16, 2020	4	
75%		48	0
			48

50%	Monday, February 17, 2020	8	
	Tuesday, February 18, 2020	4	
	Wednesday, February 19, 2020	5	
	Thursday, February 20, 2020	6	
	Friday, February 21, 2020	0	
	Saturday, February 22, 2020	9	
	Sunday, February 23, 2020	0	
50%		32	0
			32

25%	Monday, February 24, 2020	6	
	Tuesday, February 25, 2020	4	
	Wednesday, February 26, 2020	4	
	Thursday, February 27, 2020	0	
	Friday, February 28, 2020	2	
	Saturday, February 29, 2020	0	
	Sunday, March 1, 2020		
25%		16	16
			16

Weeks	Schedule	Peak Week Miles:	Miles
1	Nov-10	64	48
2	Nov-17		32
3	Nov-24		16
4	Dec-1		
5	Dec-8		
6	Dec-15		
7	Dec-22		
8	Dec-29		
9	Jan 5		
10	Jan 12		
11	Jan 19		
12	Jan 26		
13	Feb 2		
14	Feb 9		
15	Feb 16		
16	Feb 23		
17	Mar 1	Tokyo 2020	
18	Mar 8		
19	Mar 15		
20	Mar 22		
21	Mar 29		
22	Apr 5		
23	Apr 12		
	Apr 19	Boston 2020	

Race Day