

# TAPERING



- Tapering is a term used to describe the process used at the end of the season to allow an athletes' body and mind time to recover from eight to ten weeks of strenuous physical exercise
- The amount of time in taper phase may run from three to six weeks.
- ***The greatest factor influencing a taper is the amount of strenuous work done prior to the start of taper.***
- If the amount of strenuous work is low, then the athlete may experience de-conditioning, seriously compromise their aerobic base during the taper.
- During taper the focus becomes "race pace" swimming.
- Tapering is different for different workout groups and different season ending meets
  - Puppies- increase focus on starts and turns [ 8un state finals]
  - Junior dogs- increase focus on starts and turns, increase amount of warm-up swimming preparing for focused "race pace" swimming. [ District Meet]
  - The puppies and junior dog workout yardage decreases only slightly, because they only swim two or three times a week.
  - Bulldogs- increase focus on starts and turns. Increase amount of warm-up, pace swimming preparing for "all out race pace" swimming. The amount of swimming done from the blocks steadily increases as we near the meet date. [ JO Meet, some State Meet]
  - Senior Bulldogs- increase focus on turns and starts. Increasing amount of "warm-up pace" swimming preparing for "all out race pace swimming". Increase amount of work done from the blocks. [ JO, State, Sectional and National meets]
  - Bulldogs and Senior Bulldogs experience a decreasing amount of workout yardage as we go through the taper. We will come down from a high of 8,000 to 10,000 yard workouts to 4,000 to 6,000 yard workouts. Remember: you'll swim 4,000 to 5,000 yards warming up and down for your events at the meet.
  - With 1,500 to 800 of that being "all out race pace swimming"
  - Emphasis is on having adequate recovery, to be able to perform at "race pace"

***Attitude is that "PERFECT PRACTICE PREVENTS POOR PERFORMANCE"***