

Taper Checklist

Prior to targeted events swimmers have reduced training programs to rest and ensure they are ready to perform at their best. This can be 3 weeks (Senior Male sprinters) to 2-3 days (Junior Distance swimmers). However the 4 days prior to a meet are vital both in and outside the pool:

4 days to go

REST 2 hours per day

SLEEP 8 hours per day

EAT The normal amount ensuring variety but including carbs

DRINK Avoid dehydration, check urine colour

AVOID EXERTION Train at the required level avoid other sports and games

VISUALISATION Practice daily

3 days to go

PLAN meals and medicine needs, plan final travel arrangements

PREPARE pre race music with visualisation

RELAX do not over think spend some time on a stress free hobby

2 days to go

PACK including race kit and pool-side clothes, your own pillow

CONSIDER where to rest during the meet

POSITIVE visualisation practises

1 day to go

SHAVE appropriately whether male or female

AVOID NEGATIVE talk, negative thoughts and negative people

WATCH inspirational videos