



## Guidelines to Starting Your Taper

### Sprint:

Swim – 4 days out  
Bike – 4 days out  
Run – 4 days out  
Strength – 7 days out

### Olympic:

Swim – no taper  
Bike – 7 days out  
Run – 10 days out  
Strength – 7 days out

### Half Ironman (70.3):

Swim – 5 days out  
Bike – 7 days out  
Run – 14 days out  
Strength – 10 days out

### Ironman(140.6):

Swim – 7 days out  
Bike – 14 days out  
Run – 21 days out  
Strength – 14 days out