



[Tapering, Too Much Time Maranoia](#)



**24 MARCH  
2019**

**LONDON**  **LANDMARKS  
HALF MARATHON**

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After weeks and weeks of pounding out the long miles, promising yourself that it ... So if you know someone exhibiting these maranoia-induced .... Finding an 18 mile loop that didn't have too much off-road (I don't fancy stiles, bridges etc. on ... Enjoy that taper time and ignore the maranoia.. It's also a prime time for the phenomenon that is known as maranoia ... after so many solo half marathons (and a bit more) in the snow and rain.. So how do you walk that line? Long Race? Short Taper. Runners should have shorter tapers for longer races – and vice versa, says Jason Koop, .... As the countdown to the Paris Marathon continues, there remains only 6 more days until the Parisian 26.2. I'm excited, most definitely, but there is also that itch.... As the countdown to the Paris Marathon continues, there remains only 6 more days until the Parisian 26.2. I'm excited, most definitely, but there is also that itch.... Why is it that during taper we suddenly get sick? ... So as long as you pass the tests above feeling sluggish or snotty might not be enough to keep you from a PR.. Tapering, Too Much Time & Maranoia. As the countdown to the Paris Marathon continues, there remains only 6 more days until the Parisian 26.2. ... those thoughts, that feeling in the pit of your stomach, symptoms which anyone who has ever run a marathon will be familiar with.. More importantly, the taper portion of a marathon training schedule is also the time when runners make the most costly mistakes. Whether it be too little running, .... I learned so much along the way from people who had run it before ... long runs, speed intervals, tempo sessions & races, taper time can be .... 3 Essentials To Dealing With 'Maranoia' And Not Damaging The Taper. Why you mustn't be tempted to go for one more run ... That was months ago and I have put time and effort into training since then. ... start line with strong, rested legs and, if we're honest, none of us stretch enough so this is your chance!. Maranoia (n): Mental anxiety found in marathon runners, characterised ... to the time you've invested in the process so far, says Gareth Nicholls, .... Tapering, Too Much Time & Maranoia. As the countdown to the Paris Marathon continues, there remains only 6 more days until the Parisian 26.2. ... (2) Having a lot more time than usual to think about everything – every niggle, every potential pitfall, every conceivable obstacle or worry that you can think of.. Alter your mindset to approach the recovery period before your marathon with ... a narrative so negative it could strike fear into experienced racers and newbies alike. ... is about maranoia [marathon paranoia] and the dreaded taper. ... Tapering has been around in endurance sport for a long time, but the first .... Tapering, Too Much Time & Maranoia. As the countdown to the Paris Marathon continues, there remains only 6 more days until the Parisian 26.2. I'm excited .... As the countdown to the Paris Marathon continues, there remains only 6 more days until the Parisian 26.2. I'm excited, most definitely, but there is also that itch.... The taper period is when “maranoia” first starts to set in. This happens to all runners, no matter how many marathons they've done, so follow .... Are you just about to enter the taper phase of your marathon training but unsure ... in training load can often induce 'taper tantrums' and so-called 'maranoia'! ... Many runners fail to realise that there is virtually no fitness to be gained in the last two ... taper is too short then it's likely that you won't give yourself adequate time to .... Tapering, Too Much Time & Maranoia. Paris marathon tapering in progress. Stay with me as I plunge through running limbo and imminent madness. Marathon .... Tapering, Too Much Time & Maranoia. As the countdown to the Paris Marathon continues, there remains only 6 more days until the Parisian 26.2. I'm excited ... a7b7e49a19

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