WARRIOR
PERFORMANCE LAB

PRO RESOURCE



WPL RACE WEEK SERIES

7-DAY TAPER PLAN

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

START HERE

Arrive sharp - not simply rested

A successful taper removes enough training stress for fitness to show up on race day while keeping speed, coordination and station rhythm familiar. Your goal is not to gain fitness in seven days. Your goal is to stop hiding the fitness you already built under fatigue.

REDUCE FATIGUE	KEEP SHARPNESS	LOCK FAMILIARITY
Cut total race-week volume approximately 40-60% from your normal high-load week. Do not copy another athlete's absolute minutes.	Retain brief controlled touches of race effort. Intensity stays familiar; the amount of work drops.	Keep the shoes, cues, fuel, warm-up and station plan that already work. Race week is execution week.

The WPL rule

The final hard session should build confidence without leaving soreness. If you need more than 24-36 hours to feel normal after it, it was too large for race week.

Before you use the template

- Keep your usual training frequency as the ceiling. Never add extra days because the template shows them.
- If your peak week is already low volume, use the smaller end of the reduction. A 40-60% reduction is a guide, not a command.
- Place the last meaningful hybrid or quality-running session about 5-7 days before the race. Keep the final 72 hours low cost.
- Do not use a taper to train through sharp pain, fever, chest symptoms, unusual breathlessness or worsening illness.

TRAINING PLAN

Your seven-day race-week template

DAY	PURPOSE	TRAINING	COACHING NOTES
D-7	Reset + absorb	30-50 min easy aerobic OR rest. Add 4 x 15-20 s relaxed strides only if this is normal.	Review readiness, race time and travel. No full simulation.
D-6	Last quality touch	35-55 min total. Include 3-5 short race-effort blocks and 1-2 familiar stations at about half normal volume.	Finish with clean movement and at least 2 reps in reserve. Singles: protect legs. Doubles: rehearse 2-3 key swaps.
D-5	Recover	Rest, walk or 20-35 min easy. Mobility only where it helps you move better.	Normal meals, normal hydration, sleep opportunity.
D-4	Primer	25-40 min. Easy movement plus brief race-cadence touches. Optional low-volume strength only if it is already part of your proven taper.	No grinding, failure, high eccentric load or new station technique.
D-3	Freshness	20-35 min easy OR rest. Add 3-4 short strides if legs feel flat, not sore.	Finalize race plan, transport and athlete guide.
D-2	Nervous-system wake-up	15-25 min easy with 2-3 x 20-30 s race cadence. Optional 1-2 technique touches, not a workout.	Begin final practiced fueling emphasis. Pack everything.
D-1	Calm confidence	Rest OR 10-20 min shakeout. A few mobility movements and 2 relaxed accelerations only if they reliably help.	Protect feet, food tolerance and sleep. No last-minute testing.
RACE	Execute	Use your practiced warm-up. Controlled first run. One cue per station.	Follow the official event brief and current rulebook.

How to scale the template

3 DAYS/WEEK NORMALLY

Use D-6, D-3 or D-2, then race. Other days are recovery - not missing sessions.

5-6 DAYS/WEEK NORMALLY

Keep more short sessions, but reduce duration and work sets. Frequency may stay similar if you recover well.

HIGH FATIGUE NOW

Remove station volume first, then shorten quality reps. Preserve only a brief familiar intensity touch if symptoms settle.

DECISION RULES

Modify from readiness - not emotion

STATUS	WHAT YOU NOTICE	YOUR ACTION
GREEN	Normal mood and resting HR; legs improve during warm-up; no illness or sharp pain.	Complete the planned short session. Stop while movement is crisp.
AMBER	Poor sleep, elevated stress, unusual soreness, flat legs, minor GI disruption or travel fatigue.	Cut session volume 25-50%. Keep one short quality touch or switch to easy movement.
RED	Fever, chest pain, dizziness, sharp or escalating pain, abnormal shortness of breath, vomiting/diarrhea, or marked fatigue.	Do not train. Use appropriate medical guidance. A race is not worth gambling with a red flag.

Singles vs Doubles

SINGLES
Prioritize leg freshness and repeatable run cadence. Touch your highest-risk station early in the week, then stop chasing improvements.

DOUBLES
Rehearse entry/exit calls, work splits and two or three high-value swaps. Do not repeat the whole race plan under fatigue.

TRAVEL RACE
Move the primer earlier if travel is long. Treat travel stress as training load and protect meals, hydration and walking breaks.

Race-week confidence check

[ ] I know my first-run restraint cue.

[ ] I know my start plan and rescue cue for each station.

[ ] I have practiced my pre-race meal, fluid and any during-race carbohydrate.

[ ] I have checked the current official rulebook and event-specific athlete guide.

[ ] My final sessions leave me wanting to do more - not needing extra recovery.

SCIENCE TO PRACTICE

Why this approach works

Endurance taper research most consistently supports a meaningful reduction in training volume while maintaining some training intensity and, where tolerated, much of the normal frequency. The exact reduction varies with training history, fatigue, travel and event demands. HYROX adds loaded station work and eccentric muscle damage, so WPL removes late heavy volume more aggressively than brief running or erg sharpness.

Your taper is successful when readiness improves without the athlete feeling technically disconnected. That is why the plan keeps short race-specific exposures but eliminates proving sessions, failure sets and large simulations.

Evidence notes

Tapering: Wang Z et al. Effects of tapering on performance in endurance athletes: systematic review and meta-analysis. PLoS One. 2023. https://doi.org/10.1371/journal.pone.0282838

Sports nutrition: Thomas DT, Erdman KA, Burke LM. Nutrition and Athletic Performance. J Acad Nutr Diet. 2016;116:501-528. https://doi.org/10.1016/j.jand.2015.12.006

Hydration: Sawka MN et al. Exercise and Fluid Replacement. Med Sci Sports Exerc. 2007;39:377-390. https://doi.org/10.1249/mss.0b013e31802ca597

Caffeine: Guest NS et al. ISSN position stand: caffeine and exercise performance. JISSN. 2021. https://doi.org/10.1186/s12970-020-00383-4

Sleep: Walsh NP et al. Sleep and the athlete: 2021 expert consensus recommendations. Br J Sports Med. 2021;55:356-368. https://doi.org/10.1136/bjsports-2020-102025

Rules: Use the current official 26/27 HYROX Singles or Doubles rulebook and your event-specific athlete guide: https://hyrox.com/rulebook/

This WPL resource is educational and does not replace individualized medical, dietetic or coaching care. Athletes with illness, injury, pregnancy, medication concerns, a history of heat illness, or significant gastrointestinal issues should use an individualized plan.