

To Be at Your Best: Do Less (The Use of Tapering to Improve Performance)

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In the November Slowinski at-large, I share with readers the TAPER phase of the PERIODIZATION process. In addition to describing the TAPER, with a reduction in the FREQUENCY, VOLUME but a maintaining of INTENSITY of your training, I share the effectiveness of the taper, when to implement the taper and for how long as well as some examples of how to implement this in bowling preparations to be at your best when it matters most.

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