The Analysis of Two Different Types of Tapers on Exercise Performance

CHRISTINA RIAL and DAVID NICHOLS

Department of Kinesiology; Texas Woman’s University; Ft. Worth, TX

Category: Manuscript Award Finalist

ABSTRACT

The purpose of this study was to compare the differences in a step taper and an exponential decay taper across time. The subjects were randomly divided into two groups, the step (n = 9) or exponential decay (n = 11) group. The participant’s baseline tested, trained for 4 weeks, pretested, tapered for one week, and then post tested. The exponential group (15.56 ± 1.33; 10.64 ± 1.21) had a significantly lower RPE compared to the step group (16.20 ± 2.68; 11.13 ± 0.64) in stage 4 of the pretest and in stage 2 of the posttest (p ≤ .05). The exponential group (107.22 ± 15.06; 127.33 ± 22.25) had a significantly higher HR compared to the step group (103.71 ± 7.41; 125.14 ± 13.50) in stage 1 and 2, of the pretest (p ≤ .05). In conclusion, there is no significant benefit for one taper over the other.