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D MINUS 6 by Jamie Pang

Idle body and mind wreak havoc to this first timer

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Oooh I hate tapering! I never thought I'd say this but in these 3 weeks of tapering, I find my mind wandering and wondering whether I've trained enough, what to eat in the final 3 weeks, and to run today or not to run. In short, seeds of doubts are being sowed. The very stressful trip back to Penang didn't help and couple that with the general feeling of sloth the last 2 weeks sucked. I was also bugged by a persistent cough and runny nose which put paid to many planned training, albeit tapering, miles. I was praying that I won't come down with any bug on the final week of tapering and now it seems that my fears have come true.

I'm not sure whether this was the result of having too much time or backing off from the intensive training but I'd prefer the early morning long runs much better when training was in full swing. I was healthier then. Perhaps this is one way the body is adjusting to the decreased level of activities and healthy stress. To maintain motivation, I buried myself in 2 books: "[The Quotable Runner](#)" and "[The Competitive Runner's Handbook](#)". They helped me pass some otherwise unproductive times.

It was not always downhill though. I had 2 excellent 10K workouts sub-58 minutes pace negative splitting all the way. Those 2 sessions were the highlights. Today marks the first day of intensive carbo loading. I have to do this despite feeling under the weather from the cough. Apart from the usual pasta, I'm loading up of Accelerade. I've also packed 80% of the stuff I'm bringing down to Singapore and there are quite a few things! Notables include 6 PowerGels, 1 PowerBar, 1 ProteinBar, 2 pairs of running gear (socks, vests, shorts), bin bag (to wear over the vest pre-race morning), camera, passport, 3 servings each of Accelerade and Endurox, Milo 3-in-1 (for breakfast), alarm clock (as backup to my wrist watch alarm - hell I didn't come this far to be derailed by a non-functioning alarm!!), mini first aid kit (flu, fever, cold medicine), band-aids, vaseline, bus tickets, map, toiletries...you get the drift.

It's my intention to put in another 2 5K runs on the treadmill these 2 days to ease into the running mode before climbing on board the bus to Singapore. Meanwhile I need to get in enough sleep and fight the nasal and throat discomfort.

Read the [D Minus 2 account](#) and also the [Race Report](#) (complete with pictures!)