

# TRAINING PLAN 2017 | WEEKS 11&12



## TESCO Bank TOUR O THE BORDERS

WEEK 11

### GOALS & GUIDELINES FOR WEEKS 11&12:

During the next two weeks you will be experiencing your longest ride of the 16-week training programme. After this, will soon be commencing your tapering when your rides start to get shorter in preparation for the event. Tapering will be discussed in the next edition of the training plan in two week's time.

**RIDE 1**  
20-25KM  
mid-week ride

**RIDE 2**  
60KM  
weekend ride

**DISTANCE  
FOR THIS  
WEEK**  
80-85KM

### NOTES

WEEK 11 is another important recovery week from the long weekend ride. There are still two planned rides, but easier and less distance. If you are feeling strong at the weekend you can ride a little harder or push the hills, but keep your distance to around 80k.

WEEK 12 will include your longest ride prior to the Tour. Your personal distance will vary from person to person, and depend on how you responded to your recent 100 ride, as well as how much of this programme you have been able to follow. I suggest you aim for between 100 and 120k. As before, make sure you adopt a steady pace, but include a few hills. If you are feeling strong, select one or two hills to push harder and recover at the top.

WEEK 12



**RIDE 1**  
20KM  
mid-week ride

**RIDE 2**  
110KM  
weekend ride

**DISTANCE  
FOR THIS  
WEEK**  
130KM

## TIPS FOR WEEKS 11 & 12

### FUEL

By now you should have a good idea of your planned food and fluid strategy. This final long ride is an opportunity to fine tune things. If you are going to, or thinking of using energy gels (with or without caffeine) this may be your last chance to try them on a long ride to see how you respond to them.

### MENTAL STRATEGY

Even with all the hard training over the past few weeks, a 100-120k ride can be a big mental challenge, so try not to

over-think things. Start off relaxed knowing you have prepared well, have enough food and drink, a phone and some money.

It's more manageable to break your ride into segments and focus on one segment at a time. You can use particular landmarks or turn off point on the route. Personally, I tend to break my rides down by certain hills along the way.

Keeping to your food and drink strategy will keep your mind busy, and for a very good reason!

The tour is on closed roads so there should be plenty of opportunity to ride alongside other riders for a chat. I often find myself referring to my computer playing mind games like trying to keep an average speed or checking my heart rate or cadence. Again, it keeps your mind busy. Another mental game is varying your gearing or cadence, just to mix things up a little. Finally, if things get tough, remind yourself of how lucky you are to be riding some of the most scenic countryside in Britain and on closed roads. **Phil Mack**