

# TRAINING PLAN 2017 | WEEKS 13&14



## TESCO Bank TOUR O THE BORDERS

### GOALS & GUIDELINES FOR WEEKS 13&14:

With just under 4 weeks to go before the Tour O The Borders 2017, your training for this event is almost complete, with one more solid ride left this weekend. How far you go very much depends on how you are feeling on the day. You still have 4 weeks, so plenty of time to recover. If you drop your distance too soon, you may lose some of your hard earned fitness.

After this weekend you will begin your tapering when your rides get shorter and therefore your recovery is increased. You should also drop your midweek ride. This is to make sure you are as fresh as possible for race day and this should also be your goal. There is no point having trained all those hours on the road and end up with tired legs on race day!

However, it is important to continue training to help maintain your fitness. How far you ride after this weekend will depend on your current level of fitness and the amount of training you have managed over the past 2-3 months.

### HERE IS A GUIDE TO THE SUGGESTED DISTANCE YOU SHOULD AIM FOR:

	MIDWEEK	WEEKEND	COMMENTS
7th – 13th August	20k	80-100k	Moderate to hard ride inc a few climbs. Intervals or chain gang midweek
14th – 20th August		60-70k	Easy to moderate ride inc a few climbs
21st – 27th August		40-50k	Easy ride
28th – 3rd September	20-30 mins	Event day	Spin your legs midweek, ie easy ride in light gears

Final instalment in two weeks' time will be about last minute preparations for the event.

## TIPS FOR WEEKS 13 & 14

### RECOVERY

Active recovery like swimming and aqua jogging are great ways to aid recovery and freshen up your legs in preparation for the event. Massage is also very effective at removing built up lactate and promoting good recovery. Sports massage therapy is available from our Edinburgh and Peebles physiotherapy clinics if you are nearby. (Go to our website for further information) – [The Physiotherapy Clinics](#)

We will also have our massage team available at our Gazebo on Tweed Green on race day (also see details for our **free post-event massage competition** below).

### BIKE SERVICE

This is a good time to get your bike serviced or at least given the once over, checking brakes, tyres, wheels etc. There is then

plenty of time to ride the bike to make sure any changes are working the way they should, especially the gears and brakes. Don't leave this until the last minute as you may not have a chance to ride again before the event to make sure your bike is working fine. Bike shops can also be very busy prior to a big event like the Tour O The Borders.

**Free Physiotherapy advice, post-event massage & free massage competition**

### PHYSIOTHERAPY

Should you require injury advice, one of our Physiotherapists will be available at our Gazebo on Tweed Green on race day. If you need to see a Physiotherapist before the event, call: 0738304238.

### POST-EVENT MASSAGE

Our massage team will be available after the event for recovery sports massage. You will find them on Tweed Green in our Gazebo along with our Physiotherapist.

### Free post-event sports massage competition

We are giving away a free post-event massage (sorry, only Tour riders of either distance can enter). All you need to do is follow one of the links to our Facebook pages and enter the competition: [Edinburgh](#) (for riders living in or near to Edinburgh) [Peebles](#) (for local riders and everyone else). Details on how to enter will be on the pages. Good luck!

**Phil Mack** Consultant Sports Physiotherapist