

# TRAINING PLAN 2017 | WEEKS 15&16



## TESCO Bank TOUR O THE BORDERS

### GOALS & GUIDELINES FOR WEEKS 15&16:

#### RECOVERY RIDES

With only two weeks to go before the Tour O The Borders 2017, you should be well into “tapering” for the event. This means less distance and less effort on your rides, resulting in more recovery to make sure you are as fresh as possible for the event.



### HERE IS THE SUGGESTED PLAN FOR THE FINAL FEW DAYS:

	MIDWEEK	WEEKEND	COMMENTS
21st - 27th August	- - -	40-50k	Easy ride
28th - 1st September	20-30 mins	- - -	Spin your legs midweek
Sat 2nd September	15-20 mins	- - -	Spin your legs

The main point to remember is you can't get any fitter this close to the event, so there is little point going out or super long or hard rides. What is very easy to do, is get carried away and go on one too many long or hard rides near to the event, resulting in tired legs on race day. All your hard training will have been wasted!

What I have always found beneficial is a short ride the day before an event, (15-20 minutes), to get the legs prepared for the next day. When you have been resting more than usual your legs can go to sleep and a short ride the day before helps get things moving again.

## EVENT DAY: SUNDAY 3RD SEPTEMBER - FINAL PREPARATIONS

### FINAL PREPARATIONS

Here is a reminder of the important things to consider before the race:

#### STRATEGY

Don't leave your planning to the last minute. Organising your food and energy replacement can be tricky to get the balance between real food and supplements like sports drinks and gels. Hopefully you have a tried and tested strategy. If not, read the following advice and be careful with trying anything new on the day.

#### NUTRITION

As I have often said, nutrition is absolutely key to successful ultra-events and starts at least the day before by increasing your carbohydrate (carbo) intake through pasta and other carbo rich foods. On the day, another carbo meal roughly 90 minutes before the event, like porridge with raisins will help ensure you are starting the event with a full tank of energy. Nerves and excitement can suppress hunger so it is important you work around this and eat sufficiently before the event. Eating whilst riding can be difficult, especially when you are not hungry! You need to try and eat a little every 10-15 minutes to make sure you have a steady input of carbohydrates and thereby keeping your blood sugar at optimal levels. Select easy terrain when you can grab some “easy to eat” food like fruit cake or energy bars.

#### HYDRATION

Similar to insufficient nutrition, dehydration will seriously affect your ability to ride. It takes as little as a 2% drop in body weight to significantly affect performance as well potentially cause the onset of cramp. Typically, riders can lose between 500-1000ml of fluid per hour - on a hot day even more. You may not replace all the lost fluid, but you should aim to consume between 500-750ml of fluids per hour.

Next is what to put in your bottle. Years of scientific research has established a universally balanced formula for endurance sports drinks. Power mixes like High 5 Energy Source provides a maltodextrin and fructose mix in a ratio of 2:1, along with electrolytes. I recommend this type of drink as it takes out the guess work and provided you with a steady source of energy. It is always best to stick to the manufacturer's instructions for the best results. Try to take small amounts of fluid every 5 minutes or so

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to maintain hydration.

Begin hydrating the day before with roughly 3-4 litres spread throughout the day. This can be water or a weak solution of fruit juice or energy drink. This will mean you wake up on Sunday already hydrated, and only need to maintain a steady intake rather than risk over-hydrating.

### SUPPLEMENTS

There is a lot of debate about the use of gels, caffeine and other supplements.

Gels (with or without caffeine) provide you with a rapid burst of energy but will also cause a rapid drop in energy (sugar) after 30-50 minutes (insulin spikes), which means you will need another gel or other source of rapid energy. So if you are going to use gels, rather save them until later in the race. You will need to have water to wash down the gel for better absorption. Be aware gels can also cause stomach cramps if you are not used to them.

### PACE

Find a pace and a group that you are comfortable with. Avoid going too hard in the first hour or so, and then struggle to the finish.

### NOTHING NEW OR UNTRIED

Using something for the first time in an event without trying it out in training is one of the most common mistakes made by sports people. So, in the case of this event, your bike, shoes, food and hydration strategy all fall into this category. Don't be tempted and stick to what has worked for you in training.

### BIKE

A full bike check, especially nuts and brakes is essential before a long race as things can come loose (like my front mech lever during the Selkirk Marathon). Check weather forecast as this may influence your tyre choice.

### COURSE

Knowing the course is always useful so you know what to expect. It also helps your confidence if you are not an experienced rider.

Riding the course may not be possible but at least talk to other riders who know the course or search on YouTube for videos of the route from last year.

### CLOTHING

Quite simply, prepare for all conditions.

### CHARGE YOUR GARMIN OR GPS UNIT

Another common school boy error, but most of us have forgot to charge our unit at some point. 7 hours is a long battery time for some units, so be fully charged!



### SUMMARY

- Full bike check, 2-3 days before the event (esp brakes and all bolts/nuts)
- Start your hydration at least 24 hours before the event
- Pasta or other high carbo meal the night before
- Carbo meal approx. 90 minutes before the event (eg porridge)
- Sip on energy drink up until the race
- Don't use anything new for the race
- Eat a little every 10-15 mins
- Steadily drink throughout the event, sipping roughly every 5-10 minutes
- Select easy terrain to eat and drink
- Keep to your pace. Don't start too fast

Most importantly, enjoy the day!



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

It has been great fun writing the training articles for this year's Tour. I hope you found the programmes, tips and advice useful, and will have a good ride as a result.

Don't forget we will have our massage and physiotherapy team at our Gazebo on Tweed Green from Saturday evening. Also make sure you come and see us after the race, especially if you have been following the training programmes, so you can let us know how it went.

### Free post-event sports massage competition

If you haven't already done so, join the competition to win a free post-race massage (sorry, only tour riders of either event 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.

If you need any advice, physiotherapy or sports massage, you can contact us on 07738 304238 or via our website:

[www.thephysiotherapyclinics.com](http://www.thephysiotherapyclinics.com)

Looking forward to seeing you all on the line, bright and early on Sunday morning. Good luck everyone!

Phil Mack