

TRAINING PLAN 2017 | WEEKS 3 & 4



TESCO Bank TOUR O THE BORDERS

WEEK 3

GOAL AND GUIDELINES FOR WEEKS 3 & 4

Hopefully you now have a couple of weeks training under your belt. For the next two weeks, continue to progressively increase your mileage and try a few slightly longer hills. Still keep the intensity level low, with the occasional effort up hills. There are still 13 weeks to go so the emphasis is still on getting used to being in the saddle for longer periods.

Remember you will need extra fluids and food as you extend your rides.

RIDE 1

20-25KM
mid-week ride

RIDE 2

60KM
weekend ride

DISTANCE FOR THIS WEEK

80-85KM
weekend ride



WEEK 4

RIDE 1

20KM
mid-week ride

RIDE 2

70KM
weekend ride

DISTANCE FOR THIS WEEK

90KM
weekend ride

NOTES

Start to choose more challenging hills to get more used to climbing. Try not to sit on the saddle constantly while climbing - stand up for short spells, and try to get into a rhythm, both sitting and standing.

TIPS FOR WEEKS 3 & 4 : LEARNING TO RIDE SAFELY IN A GROUP

Riding in a group safely is a bit of an art, and takes a lot of practice. Unlike cycling by yourself - when you only have your own safety to think about, with bunch riding, you need to think about the safety of everyone in the group who rely on each other to be sensible and careful about every action they take whilst in the group.

Simple things like using your water

bottle can cause you to wobble sufficiently to make people around you suddenly break or swerve.

So if you are not used to group riding, especially in larger bunches, join a local club ride or group of friends where you can get comfortable with being around other people. Begin at the back of the group and watch how the dynamics of the group works.

Learn how to brake correctly as well as managing corners without cutting off rides close to you. Junctions, hills and needing to stop when in the middle of a bunch are all things you need to practice.

Tell people in the group you are learning to ride in a bunch and they will help you, as well as give you a little more space. This will help you to

relax more and actually enjoy the experience.

The best piece of advice I can give you to help riding safely in a group is let people around you know what you are about to do, and avoid doing things suddenly - especially braking.