

# TRAINING PLAN 2017 | WEEKS 5 & 6



## TESCO Bank TOUR OF THE BORDERS

WEEK 5

GOAL AND GUIDELINES:  
WEEK 5 - RECOVERY WEEK  
WEEK 6 - EXTENDING DISTANCE

You should be getting used to longer rides and adding in a few hills. For the next two weeks look to make your rides even hillier and push a little harder on the climbs.

Make sure you recover at the top of each climb. The midweek ride should be a little faster, and include short sustained efforts. Joining a local club time trial, or a chain gang ride (group of riders who work together to create a good pace) are good options.

RIDE 1

20KM  
mid-week ride

RIDE 2

50-60KM  
weekend ride

DISTANCE FOR THIS WEEK

70-80KM



NOTES

Find foods that you like and drinks that taste good, and you will be more likely to stick to your strategy.

WEEK 6

RIDE 1

20KM  
mid-week ride

RIDE 2

70KM  
weekend ride

DISTANCE FOR THIS WEEK

90KM

## TIPS FOR WEEKS 5 & 6 : NUTRITION AND HYDRATION FOR LONGER RIDES

THIS IS A FAIRLY complex but important subject towards having a successful and enjoyable tour. We have therefore decided to split the tips and advice for this subject into two parts. Today I will explain the basics, and a little behind the science, and in two week's time I'll outline a typical fuel and fluid strategy for the tour, as well as discuss the use of supplements like gels and caffeine.

One important point to understand is, regardless of how fit you are or how hard you have trained for this events, if you get your fuelling and hydration strategy wrong and run out of energy or dehydrate, then your performance and ability to complete the ride will be seriously compromised and all your hard training will have been wasted. So it is well worth investing time into developing a strategy that you know

will work for you. This comes through experimenting on your longer training rides with different foods and fluid mixes, until you are comfortable with your strategy and you are confident you will have enough energy and stay hydrated until the finishing line.

Eating during a ride, especially when you are fatigued or working hard, can be really difficult. Your mouth can

**If you get your fuelling and hydration strategy wrong, your hard training will have been wasted.**

become dry and swallowing food can become a real challenge. You need to experiment with different foods and eating on the go. A common mistake made by riders is losing focus later in

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the ride and neglecting the planned fuelling strategy when eating becomes more difficult. If you start to feel hungry or thirsty during the ride, your eating and drinking plan is wrong and performance will be affected.

Find foods that you like and drinks that taste good, and you will be more likely to stick to your strategy.

### A little behind the science

When you are riding, your muscles are burning glucose for fuel. The body can store sufficient glycogen which is broken down into glucose to support roughly 90 minutes of moderate-intensity exercise, after which your energy stores will begin to run out. If this occurs riders often experience what is known as "the knock, bonk or hitting the wall" It all means the same thing, your energy stores are empty! To avoid this, you need be steadily replacing energy used by the muscles from the word go and throughout the ride.

### What to eat and drink

Carbohydrates are the key to replacing lost energy. They can be broken down quickly



and effectively into glucose, unlike fats and proteins which are slower and less efficient. However, there are different types of carbohydrates which are best described as simple or complex carbs. Simple carbs provide very quick energy (like white rice grape juice and bagels) and complex carbs give you slow released and longer lasting energy (like porridge, most fruit and veg). On a long ride it is important to have a mixture of both.

The benefit of using carbohydrate drinks is that many are specifically designed for endurance events like High 5, Powerbar, SIS and USN. They use the right mix of carbohydrates, as well as essential minerals

based on years of research. As long as you follow the manufactures recommended usage, it will reduce the amount of solid food you'll need to eat and also take out some of the guess work of what to use. One bit of advice though, don't rely solely on carbs from your drink. It is worth experimenting with using energy bars, fruit cake, dried fruit, or any food which is high in carbohydrates.

Carbohydrate gels are very popular (I'll talk about these in the next article). They are very effective in providing a quick boost of energy but short lasting (roughly 45 minutes, depending on the intensity of your riding).

Occasionally, stomach cramps or unwanted comfort stops can be caused by using foods and supplements that your stomach is not used to, so once again experiment over the next few weeks with different foods and drinks to find what works for you.

### When to eat and drink

Make sure you start your ride having had a low carb meal or snack 60-90 minutes before you start. Porridge with fruit is an example of a low carb meal that will get you off to a good start.

If you make sure you keep yourself hydrated on a daily basis, by consuming between 2-3 litres of fluids per day, you shouldn't need to drink extra just before a long ride which is likely to cause an early comfort stop!

During your ride, eating and drinking at regular intervals is important to maintaining energy and hydration levels. As a target, eat a little every 20 minutes and sip on a carbohydrate drink every 5-10 minutes).

[Here is a link to further research.](#)