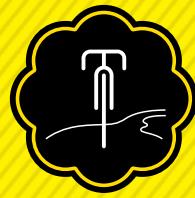


TRAINING PLAN 2017 | WEEKS 7 & 8



TESCO Bank TOUR O THE BORDERS

WEEK 5

GOALS & GUIDELINES FOR WEEKS 7&8:

These are "breakthrough weeks" during which you will be riding your longest distances so far (80 and 90k) as well as the most distance in a week. Therefore, make sure you carefully plan your long ride routes to be certain of the distance and the amount of climbing you will be taking on.

Your midweek ride should continue to get stronger. Continue with a club ride or time trial or interval based training. For example, following a 10 minute warm up, 3 or 4 x 10 minute intervals at level 3 (where you will struggle to hold a conversation but not on your absolute limit), with 2-3 minutes spinning between each interval.

Review this week's tips for ways to plan your strategy.

WEEK 6

RIDE 1
20KM
mid-week ride

RIDE 2
80KM
weekend ride

**DISTANCE
FOR THIS
WEEK**
100KM

RIDE 1
20-30KM
mid-week ride

RIDE 2
90KM
weekend ride

**DISTANCE
FOR THIS
WEEK**
**110-
120KM**



NOTES

Check the weather forecast but regardless, carry a wind/waterproof jacket in case of breakdown. Finally, as your rides are now going beyond the 80k mark, food and hydration is becoming more important. This is the time to experiment and perfect your strategy with these two key areas.

TIPS FOR WEEKS 7 & 8 : PREPARATION FOR LONGER RIDES

NUTRITION

The first part of developing an effective strategy is to make sure you begin the training ride with maximal energy stores. This begins the evening before by increasing your carbohydrate (carbo) intake, for example, pasta or other carbo rich foods.

On training day, have another carbo rich breakfast/meal, roughly 60-90 minutes before your ride, like porridge with raisins. This will

ensure you are starting your ride with a full tank of energy.

Take a variety of food with you on the ride that you can experiment with. I've seen riders use all kinds of food from sandwiches to cake, biscuits, energy bars and even small bags of plain pasta! Rather take too much food with you until you are confident with the amount you will ultimately consume.

Eating whilst riding can be difficult, especially

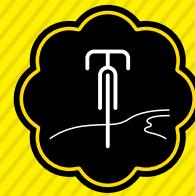
when you are not hungry or working hard on the bike. So select foods which are easy to eat and that you enjoy. This is where experimentation comes in. There is no point taking a particular food with you because you've been told it's good for you but dislike. You will be reluctant to eat it and undoubtably affect your strategy. Try and eat a little every 15-20 minutes to make sure you have a steady input of carbohydrates and thereby keeping your energy at optimal

levels. Select easy terrain when you can grab some "easy to eat" food.

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. Riders can lose between 500-

TRAINING PLAN 2017 | WEEKS 7 & 8



TESCO Bank TOUR O THE BORDERS

1000ml of fluid per hour - on a hot day even more.

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 on training day you are already hydrated and won't need to drink huge amounts before your ride which will likely lead to unwanted early comfort stops.

During your ride, aim to consume between 500-750ml of fluids per hour. This means taking sips roughly every 5 minutes. If you are carrying only 2 x 750ml bottles, and with rides in excess of 3 hours - especially on a hot day, you will need a plan for replacing your fluids, or carry an extra bottle in your back pocket.

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. Stick to the manufacturer's instructions for the best results.

GELS (with or without caffeine). These provide you with a rapid burst of energy but will also cause a rapid drop in energy (sugar level) after 30-50 minutes, 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 ride. You need to have water to wash down the gel for better absorption. Riding long events with only gels and water and with no food is not recommended, unless you have tried and tested this method. Be aware, gels can also cause stomach cramps.

Caffeine is a natural (and legal) stimulant that can help improve performance. Most gel manufacturers offer options with various levels of caffeine as well as caffeine free gels. Again, if you want to gain from the benefits of caffeine, make sure you experiment in training. Tolerance levels can vary and too much caffeine can cause side effects like light headedness and shaking.



SUMMARY

- Check your bike the night before (especially brakes, wheel spokes, headset, tyres and gears)
- The essentials – money, fully charged phone, spare tube, pump or gas, chain splitter, levers, suntan lotion
- Decide and prepare your food and hydration strategy
- Have a plan for extra fluids you may need or carry an extra bottle
- Start your hydration the night before
- Pasta or other high carbo meal the night before (eg pasta)
- Have a carbohydrate rich breakfast (eg porridge)
- Eat a little every 15-20 mins
- Steadily drink throughout the ride, sipping roughly every 5 minutes
- Select easy terrain to eat
- Keep to your pace. Don't start too fast