

# TRAINING PLAN 2017 | WEEKS 9 & 10



## TESCO Bank TOUR O THE BORDERS

WEEK 9

### GOALS & GUIDELINES FOR WEEKS 9&10:

If you have been following the training plan for this event, you will have just completed your two longest rides as well as the most volume in a week so far. Week 9, therefore, is an important recovery week, still with two rides, but easier and less distance. Depending on how you feel, missing the mid-week ride and a shorter 40-60k weekend ride will be ideal. You will not lose your fitness. In fact, you will gain fitness by allowing your mind and body to recovery and adapt to all the training that has gone before. Active recovery is always a good choice like swimming. This is also a good time to get a massage to help reduce any stiffness accumulated from previous weeks.

### RIDE 1

20-25KM  
mid-week ride

### RIDE 2

60KM  
weekend ride

DISTANCE  
FOR THIS  
WEEK

80-85KM

WEEK 10

### RIDE 1

20KM  
mid-week ride

### RIDE 2

100KM  
weekend ride

DISTANCE  
FOR THIS  
WEEK

120KM

### NOTES



Week 10 will include one your key pre-tour training rides and your first to 100k. Make sure you adopt a steady pace but include a few hills. If you are feeling strong, select one or two hills to push harder and recover at the top.

## TIPS FOR WEEKS 9 & 10

WEEK 9 is about taking your mind off cycling and enjoying the recovery time. You have completed 8 weeks of hard training and your body will need a break.

WEEK 10 is long ride week (100k), therefore careful planning is needed for your food and hydration (see previous article), along with a bike and weather check. It's also a good time to test out your energy replacement strategy (see last two articles).



### GROUP RIDING

I hope you are now comfortable riding in a group and have learnt the etiquette and concentration that is required to keep the group and yourself safe. As you may have noticed, group riding on the flat is normally fine and if you are strong you may take a turn at the front of the group which requires more effort. If you are not strong within your group, rather stay near the back where you will find it a lot easier.

(more)

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Climbing hills, however, can be very different, when the group can end up really spread out. If you are not a strong climber, you could find yourself left behind and unable to catch up the group when they reform after the climb. This could result in your riding on your own which is a lot harder, especially into a head wind. Therefore, it is well worth practicing your climbing technique and strategy. Here are a few tips to help:

- Know the length and gradient of the hill
- On your approach to the hill try and get close to the front of the group so that if you drop back during the climb, you are still close enough to re-group at the top
- Get your gearing correct. A common mistake in climbing hills is over-gearing
- Find a rhythm and pace that will get you to the top without going into oxygen debt and have to back off
- Be prepared to stand out of the saddle and still maintain a good rhythm
- If you are not too far behind the main group at the top of the hill, be prepared to work hard to catch up the group. This will pay dividends later on in the ride
- If you find yourself too far behind at the top of a hill, try to find other riders nearby and work together to catch the main group. Be alert to faster riders coming from behind that you might be able to get a tow from.



Finally, here is a reminder of your preparation list for longer rides:

- 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