

TRAINING PLAN 2017 | OVERVIEW



TESCO Bank TOUR O THE BORDERS

Training for Tesco Bank Tour O The Borders

Welcome to our training plan. If you have limited time to train, then this programme will be perfect for you. It will also suit tour riders who need a little direction or are perhaps currently not cycling fit.

An email newsletter will be sent out fortnightly, providing greater detail of the training, as well as providing useful information and advice.

Where to start

Firstly, establish your current ability level. These are the key questions you need to consider:

How fit are you at the moment?

How long a ride could you currently cope with?

How many hours are you cycling per week at the moment?

Are there any health or injury issues that need to be considered?

Taking into account answers to the above questions, you need to begin your training no more than 10% further than your current weekly distance, or 10% further on your longest ride.

If you have haven't been training for a while, or you have been unwell it is advisable to consult your GP first for a general check up. If you have any injuries like joint or back pain, then consult your physiotherapist.

Goal setting

Each rider will have his or her own personal goal for the Tour. That might be just to finish the event, or you might want to finish in a particular time or beat a previous time. Regardless of your goal for the actual event, it is also important to have training goals rather than aimlessly training week after week.

This is where a structured programme will help. "4 star" rides have been included at the end of weeks 4, 8 and 12 of the 16-week plan. These are ideal goals to aim and plan for.

The training programme

The programme is designed for riders with a moderate to low level of current fitness and for those who have limited time to train. Only two sessions per week are required which means you should be able to set aside the same training days each week.

It is difficult to have one programme that suits everyone. Therefore, you can do a little less or little more distance or intensity to suit your fitness level.

The first three weeks of this program are all about getting used to being in the saddle and gaining some bike fitness. Avoid making big jumps in your training, either in duration or intensity. The training plan will help prevent this by providing steady progressions throughout the 16 weeks.

The importance of good recovery

Building in good recovery is essential to any training programme. You only improve your fitness whilst you are recovering. In other words, when you are training, you break down muscle and tax your respiratory and cardiovascular systems. During recovery, these systems repair stronger than they were pre-training. If you have insufficient recovery, then the systems just keep breaking down and you end up over-training.

Recovery weeks have been built in to ensure you fully recover from one training phase before the start of the next phase.

One of the important things to understand is that Tesco Bank Tour O The Borders is an endurance event, therefore the majority of your training should be about getting used to long rides. This should be achieved first, before trying to get faster.

As this is a very hilly (and spectacular) event, getting used to climbing and descending hills as well as learning how to climb efficiently should be included into your training.



About Phil Mack

Phil Mack is a Specialist Sports Physiotherapist and Sports Scientist. He has six sports injury and peak performance clinics located in Edinburgh and Peebles www.thephysiotherapyclinics.com

Phil was previously Strength and Conditioning Coach to the South African Triathlon Team, South African Springboks, Leicester Tigers and Ulster rugby teams, to name a few. He has developed a global reputation in both strength and conditioning and sports injury rehabilitation.

As a triathlete and duathlete, Phil has represented both Great Britain and South Africa. He is also a keen climber and enjoys mountaineering.

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	WEEKLY GOAL	RIDE 1	RIDE 2	WEEKLY DISTANCE
Week 1	Building miles and general bike fitness	20k mid-week ride	40-50k weekend ride	40 - 70k
Week 2	Building miles and general bike fitness	20k mid-week ride	50-60k weekend ride	60 - 80k
Week 3	Building miles and general bike fitness	20-25k mid-week ride	60k weekend ride	80 - 85k
Week 4	Building miles and general bike fitness	20k mid-week ride	70k weekend ride	90k
Week 5	Recovery week	20k mid-week ride	50-60k weekend ride	70 - 80k
Week 6	Extending weekly distance	20k mid-week ride	70k weekend ride	90k
Week 7	Extending weekly distance	20k mid-week ride	80k weekend ride	100k
Week 8	Longer weekend ride	20-30k mid-week ride	90k weekend ride	110 - 120k
Week 9	Recovery week	20-25k mid-week ride	60k weekend ride	80 - 85k
Week 10	Longer weekend ride	20k mid-week ride	100k weekend ride	120k
Week 11	Recovery week	20-25k mid-week ride	60k weekend ride	80 - 85k
Week 12	Longest training ride	20k mid-week	110k weekend ride	130k
Week 13	Recovery week	20k mid-week ride	60k weekend ride	80k
Week 14	Begin tapering for the event	20k mid-week ride	60k weekend ride	80k
Week 15	Tapering for the event	20k mid-week ride	50k weekend ride	70k
Week 16	Tapering for the event	20k mid-week	20 mins easy spin day before event	20k + Tour

Every fortnight, more detailed information will be sent with training notes and tips for those two weeks

TRAINING PLAN 2017 | WEEKS 1 & 2



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	GOAL AND GUIDELINES FOR WEEKS 1 & 2	RIDE 1	RIDE 2	DISTANCE FOR THIS WEEK	NOTES
WEEK 1	Use the first two weeks to reacquaint yourself with your bike and riding safely on the roads. We will talk about training intensities in future weeks but for the first two, keep to what we call “level two of perceived effort”. This means you are riding at a steady pace and could hold a conversation with the person next to you. The occasional extra effort up an incline is fine but allow yourself to recover at the top.	20KM mid-week ride	40-50KM weekend ride	40-70KM weekend ride	Choose an undulating ride but avoid big hills if these are your first rides for a while.
WEEK 2		20KM mid-week ride	50-60KM weekend ride	60-80KM weekend ride	

TIPS FOR WEEKS 1 & 2

The first tip must be one of safety. If you haven't been on your bike for a while and you are not familiar with maintaining and repairing bikes, then have an experienced bike mechanic check your brakes, wheels and tyres. They will also give your bike a once over, to make sure it is safe and with no defects.

It is important to be seen. Even our country roads are busy these days. Good quality lights are essential, even during the day, coupled with a reflector or bright jacket.

It is still cold (snowing yesterday), so don't get caught out with insufficient clothing. A waterproof jacket and good set of gloves are still essential. Remember to take food, money (for potential coffee stop) and mobile phone in a water proof bag.

Make sure your first few rides are enjoyable. Don't over-extend yourself in the first couple of rides. Rather come back feeling you could have done more and look forward to the next ride. The first few rides will also help you to know what you can comfortably cope with.