



TOUR OF THE BORDERS YELLOW JERSEY TRAINING PLAN 2018

WEEKS 5 & 6

WELCOME TO WEEKS 5 AND 6 OF THE 2018 TOUR OF THE BORDERS YELLOW JERSEY TRAINING PROGRAM

Hopefully you have been following the Yellow Jersey Training Plan? If not, click [here](#) to see the previous two programs.

With 4 weeks to go, this is the time to increase your hill climbing in preparation for the 1430 meters you will need to climb during the full 120km ride. Weeks 5 and 6 of the Yellow Jersey Program, including the "Tip of the Week" concentrate on exactly this, with only a small increase in your long ride. Remember the importance of taking food and fluids with you, especially on the long rides and keep experimenting to find the right strategy that works for you.



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TRAINING ZONES

I will refer to training zones for each ride. Normally it will be one zone, but on longer rides there may be a mix of zones. The table below will help you gauge how you should feel whilst riding in a particular zone. It also provides you with an indication of your heart rate and FTP levels.

ZONE	EFFORT	YOU CAN...	IT FEELS LIKE...	USE IT FOR...	% HR MAX	% FUNCTIONAL THRESHOLD POWER	PHYSIOLOGICAL ADAPTATIONS AT THIS TRAINING ZONE
1	Easy	Chat easily	Warming up	Warm-up, cool-down, recovery	60-65%	56-75%	Muscles become looser and body temperature gradually increases
2	Steady	Speak one sentence at a time	Riding along with a bunch on the flat	Long rides	65-75%	76-90%	Primary oxidative energy systems working. Muscle glycogen storage increases
3	Brisk	Speak a few words at a time	Breathing deeply and working hard	Long efforts of 10-20 minutes	75-82%	91-105%	Oxidative and glycolytic energy systems are both in use. The body is working just below threshold level
4	Hard	Say one word at a time	Really pushing like a hill climb	Hard efforts of 2-8 minutes	82-89%	106-120%	Blood lactate levels start to rise. Hypertrophy of slow-twitch muscle fibres
5	Very hard	Unable to chat, gasping	Flat out sprint	Very short max out efforts of 10 secs to 2 minutes	89%-Max HR	121%+	Heart rate, blood lactate levels and other physical parameters start to reach maximum levels

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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WEEKS 5 & 6

WEEK 5	RIDE 1 30km or level 3 chain gang tempo ride	RIDE 2 Hill reps After a 5 km warm up, 4-6 moderate incline hill reps of between 8-12 minutes long with an easy roll back down the hill for recovery. Level 4	RIDE 3 100-105km undulating ride. Level 2-3 with occasional level 4 (on the hills only). Aim to tackle one or two longer hills of 10 minutes+ in length	NOTES The long ride is the most important ride of the week. Aim to climb 800 -1000m during the ride. Find a good rhythm on each climb (see tips of the week). Rides 1 and 2 are interchangeable. Make sure you take sufficient food and fluids with you on the longer ride and make a note of what you consume (see previous tips on energy for long rides)
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WEEK 6				

TIPS FOR WEEKS 5 & 6

Learn how to climb hills effectively

The Tour O' The Borders has plenty of hills to tackle, including the infamous 20% "Talla Climb", so it is worth spending some of your training time developing your strategy for climbing hills. The key is finding a good rhythm throughout each climb and staying in touch with the group.

The two things that can really affect your hill climbing is "running out of gears" (you don't want to be walking up Talla) or "going into the red" early on during any of the climbs. Either of these errors can really affect the enjoyment of the tour and your ability to stay in touch with your group.

Here are a few tips to help improve your climbing skills:

1. Make sure you have sufficient gear ratio for the steepest climb of the tour, namely Talla. If you are not sure of the gearing you need, speak to your local bike shop.
2. Know what you are climbing – length, gradient, max gradient, and likely time it will take you to climb.
3. Try and get near to the front of the group prior to the start of the climb so that if you do fall back during the climb, you can still stay in touch with the group at the top.
4. Learn how to pace each climb and avoid going into the 'red' too early on the climb. Don't get carried away on the lower slopes and burn out before the top.
5. Aim to have enough energy at the top of each climb to keep going. There is no point giving everything when climbing a hill and barely able to turn the pedals on the other side.
6. Practice with different cadence and find out what you are most comfortable with, probably between 75-85 rpm. It will be a lower cadence than normal but avoid pushing a big gear at a very low cadence.
7. Anticipate steep sections by getting into an easier gear in advance.
8. Avoid the steepest apex and go wide around corners to maintain the best rhythm and constant speed.
9. Stick to your own pace. It is counter-productive to try and stay with much quicker riders. You will lose more time in the long run.
10. Also practice maintaining relaxed and smooth breathing throughout the climb. Rapid shallow breathing will affect your performance and you are more likely to "red zone".
11. Practice climbing out of the saddle. At some point during the ride it will be beneficial to stand on the hills, so this is an important skill to have. Standing also helps to loosen your legs after long periods of sitting.

