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10 WEEKS TO GO!

Week 13 is the third week of increasing your distance when you should be getting close to completing a 4 hour ride. Week 14 is a recovery week of shorter rides. After the recovery week you are entering the final stage of your training prior to the Tour of the Borders 2019 – you are almost there!

Remember your key checks before each ride but especially going your longer rides:

- 1 Bike check (brakes, wheels, bolt checks, tyres)
- 2 Clothing (prepare for bad weather)
- 3 Food (take extra and gels if you use them)
- 4 Fluids (carbohydrate mix like High 5 is a good option)
- 5 Money and fully charged phone (in weather proof bag)

TRAINING ZONES

You will see each ride has a training intensity level 1-5. Use the Training Zones chart below to establish the training intensity of each ride and how this should feel (perceived effort).

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

Following the next 3 weeks, there will be an easy recovery week. This will leave 8 weeks to go and at this point you will enter the final part of your training before easing into a pre-event recovery period (taper).

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 (view website).

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.



	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 13	Recovery day	45-60 min level 2-3 (Optional if fully recovered from weekend)	Recovery day	45-60 min turbo/Zwift Or alternative training (eg. circuit class, cross-trainer)	Recovery day	3 ½ – 4 hour ride Mainly level 2 and level 3 on the hills (you can recover at the top of hills)	Easy recovery ride or rest	Make sure you take sufficient food and fluids with you on the longer ride
WEEK 14	Recovery day	45-60 min level 2 (Optional if fully recovered from weekend)	Recovery day	45-60 min level 2 (Optional if fully recovered from weekend)	Recovery day	2 hour easy recovery ride Level 2	Recovery day	Make sure you take sufficient food and fluids with you on the longer ride



TIPS FOR WEEKS 13 & 14

How to cycle in windy conditions

Although we are all hoping for a fantastic day during this year's Tour of the Borders, it always best to prepare for windy and wet conditions. This week I want to provide some tips on how to cycle in windy conditions.

Make sure you check for windy (and wet) conditions before your ride. If it is windy, note the wind speed and direction. A good site is the Met Office but there are plenty of other good options on the internet. You can then relate the wind direction on a map of your planned ride.

- As the Tour of the Borders is more or less a circular route, if it is windy, you will feel the effects from all directions at some point during the ride. By doing a little homework beforehand and plotting the wind direction, you will know what to expect during the ride
- For training rides, it's always good to finish with a tail wind when you might already be tired
- Into a headwind, try and keep a low body position with your elbows tucked in
- Avoid wearing clothing that will flap around in the wind
- Into a headwind, use a gear that allows you to keep momentum and avoid big gears that will eventually grind you down
- Try and stay with other riders or a group so that you can share the work into the wind and get some shelter when you are tired
- Be aware of cross winds and where you need to position yourself in a group to gain shelter from the wind
- Look out for open areas like the end of a hedgerow open piece of land where you might get a gust from crosswinds
- Avoid overlapping another rider's wheel in cross winds as a gust could cause you to swerve sideways
- Like all cycling skills, you need to practice them to get better so don't avoid the next windy day -. Perhaps make your first windy ride a little shorter but give it a try and get used to cycling in the wind