



8 WEEKS TO GO!

The next two weeks are your final high volume weeks which include a longer mid-week ride. Don't look to do much more than this, but if you feel you need another session, look to the gym for a circuit, class or cross-trainer – it's getting really close now!

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

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.



TOUR OF THE BORDERS TRAINING PLAN

POWERED BY
PIRELLI

WEEKS 15 & 16

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 15	Recovery day Or alternative training / HIIT class etc	Recovery day	1.5 to 2 hour mid-week ride Mainly level 3 or time trial or hard hilly session	Recovery day	Recovery day	4 to 4.5 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 16	Recovery day Or alternative training / HIIT class etc	Recovery day	1.5 to 2 hour mid-week ride Mainly level 3 or time trial or hard hilly session	Recovery day	Recovery day	4 to 4.5 hour ride Mainly level 2 and level 3 on the hills – you can recover at the top of hills	Easy recovery ride or rest	

TIPS FOR WEEKS 15 & 16

» What if it rains?

Well it is Scotland, so I guess there is always a chance of rain or dreich conditions!! But it's NOT going to rain.....

But, just in case, here are a few tips to help you prepare for wet conditions:

- **Weather check** Make sure you check the weather the day before the event
- **Arrive on the day with plenty of clothing options** Keeping your options open for all possible weather conditions is the best way to prepare and make a final decision on the day
- **Keeping warm during the ride** This is one of the essentials for the tour. Have a waterproof and breathable jacket

with you and if it feels a little cold on the day then waterproof gloves are worth taking along. Waterproof booties for your shoes will help to keep your feet warm if it's cold or raining

- **Glasses** Clear or yellow lenses will improve vision in the rain
- **Softer tyres** A little less air in your tyres will help with grip in the wet
- **Softer breaking** Be gentle on the brakes to prevent skidding in the wet
- **Keep your distance** Give a little more space between yourself and other riders
- **Wet lube for you chain** Rain will wash off some of the oil on your chain, so using the right type of oil will help keep your chain lubed



Thanks to Phil Mack of Peebles Physiotherapy for putting together this training plan | www.thephysiotherapyclinics.com

