



6 WEEKS TO GO!

It's getting really close to the big day!

Hopefully you have found the training advice useful so far, and you are now (or close to) feeling confident about completing the full distance in 6 week's time.

During the next two weeks it's about putting the finishing touches to your training as well as maintaining the fitness you have developed over the past few months. So, for the mid-week rides I have included interval sessions to help develop your strength and also for you to get used to riding a little quicker which you may have to do from time to time when riding with a group. The weekend rides will help your to maintain your long ride fitness.

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.



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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

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WEEKS 17 & 18

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 17	Recovery day Or alternative training / HIIT class etc	Recovery day	Interval session 10 min warm up level 2 followed by 6-8 x 5 mins at level 3 with 2 mins easy spin between each rep	Recovery day	Recovery day	3.5 to 4 hour ride Mainly level 2 and level 3-4 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 18	Recovery day Or alternative training / HIIT class etc	Recovery day	Interval session 10 min warm up level 2 followed by 6-8 x 5 mins at level 3 with 2 mins easy spin between each rep	Recovery day	Recovery day	3.5 to 4 hour ride Mainly level 2 and level 3-4 on the hills – you can recover at the top of hills	Easy recovery ride or rest	

TIPS FOR WEEKS 17 & 18

Final preparations to your training

By now you should be aware of your strengths and weaknesses and where you are confident or not so confident. So during your longer ride take the opportunity to focus on the skills you are not confident with, for example, standing out of the saddle, downhill or even uphill. Talla is 20% steep, so see if you can find a hill with a similar gradient to practice on (if nothing else, at least you will find out if you have enough gears!)

The more prepared you are and the greater your confidence, the more fun you will have on the day.

