



# TOUR OF THE BORDERS

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# TRAINING PLANS - WEEKS 15 & 16



## 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.



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## TRAINING PLANS - WEEKS 15 & 16

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

### 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

