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## 4 WEEKS TO GO!

### Time to get prepared!

If you have been following the training guidelines this year in preparation for the Tour O' The Borders – then your training is complete and well done!!

It's now all about keeping fresh for the remaining four weeks by starting to reduce your weekly mileage. You will now have enough fitness in your legs to complete the full distance without having to go out for 3-4 hour rides. Rather focus on shorter and faster rides to keep sharp and improve your speed. This will keep you fresh and in preparation for the event. For example, a two hour quicker ride will be better than the 3-4 hour slower rides you have been doing. (If you are a little behind or not managed to achieve all the training you can continue with higher mileage for another week of so).



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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

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## TRAINING PLANS - WEEKS 19 & 20

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 19	<b>Recovery day</b> Or alternative training / HIIT class etc	<b>Recovery day</b>	<b>45 minute level 3 ride</b> Nice and sharp. Go with a group if you can and work together	<b>Recovery day</b>	<b>Recovery day</b>	<b>2 hour quicker ride</b> Pushing the hills and slopes and easier on the flat	<b>Easy recovery ride or rest</b>	Make sure you take sufficient food and fluids with you on the longer ride
WEEK 20	<b>Recovery day</b> Or alternative training / HIIT class etc	<b>Recovery day</b>	<b>45 minute level 3 ride</b> Nice and sharp. Go with a group if you can and work together	<b>Recovery day</b>	<b>Recovery day</b>	<b>2 hour quicker ride</b> Pushing the hills and slopes and easier on the flat	<b>Easy recovery ride or rest</b>	

### TIPS FOR WEEKS 19 & 20

#### Preparing for Event Day, Part 1

With four weeks to go this is the ideal time to have your bike checked and serviced. Bike shops this time of year are really busy and you may have a long wait for a service, so rather book now. Getting a service/bike check now also gives you time to "bed in" any changes that are made to your bike during the service. It still gives you time to get out on your bike to test everything is working fine, for example, new gear and brake cables may stretch and need a little tweak. If you leave this until the last minute you risk having problems on event day.

Following on from the bike check, also review all your clothing options and food/fluid strategies. If you are using gels or energy food, order or buy these now so you are not rushing to do this a couple of days before the event.

Make sure you attend to any niggles you may have developed during your training. Speak to a Sports Physiotherapist who will be able to help you. If you are local to Edinburgh or Peebles you will receive a 20% discount for Physiotherapy at any of our clinics [The Physiotherapy Clinics](#). We will also be available during the event.

I'm Looking forward to a fun packed day!

Phil

