



## 2 WEEKS TO GO!

### After 6 months we have finally arrived!

For your final 2 weeks prior to the Tour O' The Borders you will be "tapering" your training. This means you are progressively doing less and less of any sort of training and maximising recovery so that on the 1st September you are fresh and raring to go. A lot of people struggle with this phase (including myself) as you have become so used to regular training when you take it away your body starts to crave for exercise. You will feel like you are losing fitness - but you won't, or feel like you are missing an opportunity to get fitter - but you can't. So enjoy the free time and just go for very short, easy rides to stop yourself getting frustrated.

Remember to check your gear and bike, and don't forget to check the bottle cage bolts and that your bottles fit snugly. Every year you will see bottles along the way that have fallen out of the cage because of poor fitting.

It's been an absolute pleasure writing for the Tour O' The Borders. I hope you have found the training beneficial and even if you didn't follow the programme, I hope you found the tips useful.

God luck everyone and have a fantastic day. The most important thing is having fun during one of Britain's best close road sportive.

See you out there!

Phil Mack

## 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



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### Some tips for preparing for the big day.

- 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)

### 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 21 & 22

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 21	<b>Recovery day</b> Or alternative training / HIIT class etc	<b>Recovery day</b>	<b>30-45 minute steady ride</b>	<b>Recovery day</b>	<b>Recovery day</b>	<b>1 hour level 2 ride</b> with 4-6 short up-hill accelerations of 20-30 secs	<b>Easy recovery ride or rest</b>	<b>Make sure you take sufficient food and fluids with you on the longer ride</b>
WEEK 22	<b>Recovery day</b>	<b>Recovery day</b>	<b>20-30 minute spin to keep fresh</b> Massage is a good option today.	<b>Recovery day</b>	<b>Recovery day</b>	<b>15-20 mins spin</b> to loosen your legs and check the bike	<b>TOUR OF THE BORDERS 2019!</b>	

### TIPS FOR WEEKS 21 & 22

#### Preparing for Event Day, Part 2

Here are a few tips for preparing for event day and for during the ride:

#### Preparation

The final two weeks are all about keeping fresh and preparing your kit, bike and food/fluids.

The day before, (and especially the evening) eat plenty of carbohydrates, such as brown rice or pasta, and less meat (or other protein). Eat a high-carbohydrate, high-energy breakfast (such as porridge or toast and peanut

butter) two or three hours before the race (to allow time for digestion). Many people find it difficult to eat so early in the morning and before a long event. That's why the "carbo loading" the day before is so important.

Also drink plenty of water during the 24 hours before the event. This will reduce the need to take copious amounts of water just before the event.

Don't forget to check the weather to help you decide what kit you are going to wear and take with you. Regardless of the weather, take a waterproof jacket (breathable is best) with you. If you have to stop for any reason, you will be thankful for the extra warmth a jacket will give you.

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 will receive a 20% discount for Physiotherapy in your event pack to use at any of our clinics The Physiotherapy Clinics. We will also be available during the event. Just call us on 07738 304238.

#### During the ride

Start to eat and drink fairly early in the event rather than wait until you are thirsty or lacking energy. Try to have a few sips of fluid and food every 15 minutes

- Divide the ride into sections is mentally easier than focusing on the finish. Using the hills is a good idea as they are fairly evenly spread throughout the course
- Vary your cadence and keep your cadence fairly high in the first hour or so. This will prevent overloading your legs early in the event
- Regularly stand to relieve legs
- On descents, give yourself plenty of space and use your brakes smoothly