



# TOUR OF THE BORDERS

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## TRAINING PLANS - WEEKS 9 & 10



### 14 WEEKS TO GO! TIME FOR A WEE BREAK FROM THE LONG RIDES!

As discussed in the last instalment, week 9 should be a recovery week from the longer ride (if you have been following the programme from the start). But "recovery week" doesn't mean no training – just a temporary reduction in the volume. This is good for the mind as well as the body. However, if you are already committed to a longer ride or event (like a sportive) this week, you can swap week 9 with week 10.

From week 10 onwards mastering the climbs is your next goal (see *tip of the week*).



### If you've just joined us...

If you are just joining us for the structured Tour of the Borders training programme, you still have time to get fit. Have a read of the tips and training from weeks 1-8 "LINK". Then begin with 2 training sessions per week (unless you are already fit, in which case 3 sessions per week). Steadily build your weekly distance for the next 3-4 weeks but concentrate on building one of your weekly rides until you are comfortable riding for 2-2 ½ hours. This will bring you closer to where you need to be to complete the tour.

## 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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	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
WEEK 9	Recovery day	<b>45-60 minutes level 2-3</b> Short hilly ride level 3 for as much of the ride as possible.	Recovery day	<b>45-60 min turbo/Zwift</b> Or alternative training (eg. circuit class, cross-trainer).	Recovery day	<b>1 hour short but hilly ride</b> Mainly level 2	Easy recovery ride or rest	
WEEK 10	Recovery day	<b>60-70 minutes level 3</b> Short hilly ride level 3 for as much of the ride as possible.	Recovery day	<b>60 min turbo/Zwift</b> Or alternative training (eg. circuit class, cross-trainer).	Recovery day	<b>3-3½ hour hilly ride</b> Level 2 with level 3 on hills (you can take a breather at the top).	Easy recovery ride or rest	Make sure you take sufficient food and fluids with you on the longer ride



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Being able to climb hills efficiently is an important part of completing the Tour of the Borders.

I have written an article about the best way to develop your ability to climb efficiently (see article [here](#)), but now is the time to start practicing so that on the long or steep hills you will experience during the Tour of the Borders, you have a tried and tested strategy.

For example, practice standing and trying different gears until you find one you are comfortable with and can keep up a good rhythm. Also practice your level of effort so that you can sustain a good pace throughout the climb but not burn out before you reach the summit.

So once you have had your recovery week (week 9) it's time to master the hills. Onwards and upwards!



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### TIPS FOR WEEKS 9 & 10

Practice hill climbing