



TOUR OF THE BORDERS TRAINING PLAN

POWERED BY
PIRELLI

WEEKS 5 & 6

WELCOME TO THE TOURO TRAINING PLAN

Hopefully you have managed to adapt your week to include your 3, if not 4, training sessions. The next two weeks are pretty similar to last, we are just going to increase some of our training times. The main focus for now is still about getting used to regular riding and building your weekly mileage.

If you are just joining us for the training, don't worry, you can pick up from this week but have a look back at previous articles to get an idea of what we've done so far and have a read of the weekly tips. Below you will find a plan for the next 2 weeks which focuses on building your sessions (mostly on a bike of some sort).



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TRAINING ZONES

I will refer to training zones for each ride. Normally it will be one zone, but on longer rides there may be a mix of zones. The table below will help you gauge how you should feel whilst riding in a particular zone. It also provides you with an indication of your heart rate and FTP levels.

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

If you've just joined us...

The programmes will focus on one main ride per week (usually at the weekend) plus one or two midweek rides/ alternative training. The weekend ride will progressively build your distance so that you are ready to complete this fantastic sportive in September. The midweek rides will be shorter and over time will help develop your strength and speed. The midweek sessions are interchangeable.

Apart from the longer ride which should be on a road bike, you can choose any type of cycling at this stage for your training.

The long rides are a key part of your training so try not to miss these, even if it is the only ride you do in that week. If the weather isn't great, try to go out anyway, as it could be windy or raining on the day. Training in poor conditions will help you better prepare, and also provide you with a chance to experiment with different clothing, fluid and energy strategies.

The program won't suit everyone's time available to train, but again, the key is the long ride so make sure you get this ride completed at some stage during the week. 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).

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 3	Recovery day	45-60 min level 2-3 Undulating ride with level 2 on the flat and slightly increased effort on any inclines	Recovery day	60 min turbo/Zwift Or alternative training (eg. circuit class, cross-trainer)	Recovery day	Optional 45-60 min easy flat ride, level 2 Depending on your current fitness level	2 hour undulating ride Level 2 with occasional level 3 on any hill (you can take a breather at the top)	Make sure you take sufficient food and fluids with you on the longer
WEEK 4	Recovery day	45-60 min level 2-3 Undulating ride with level 2 on the flat and slightly increased effort on any inclines	Recovery day	60 min turbo/Zwift Or alternative training (eg. circuit class, cross-trainer)	Recovery day	Optional 45-60 min easy flat ride, level 2 ½ Depending on your current fitness level	1 ½ - 2 hour undulating ride Level 2 with occasional level 3	Make sure you take sufficient food and fluids with you on the longer ride



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Most people have busy lives these days, and one of the first things that gets dropped when under pressure or limited time available is our personal training time. The best way to counteract this is to plan well ahead and free up the time. Arrange training with others or find out times of local ride outs. Once you have a regular structure to your training it will be a lot easier.

Training by yourself is always tough, especially to get motivated. So, try and find other riders with a similar fitness to train with. This also provides you with a commitment to other people and less likely for you to miss a training session.

Remember, commuting to work might be an option for some of you, and a great way to get your mid-week sessions done and dusted.



PHOTO: © IAN LINTON

TIPS FOR WEEKS 5 & 6

plan well ahead and
free up the time

Thanks to Phil Mack of Peebles Physiotherapy for putting together this training plan | www.thephysiotherapyclinics.com

