



Training Tip #4 - 4 Weeks To Go!

The next fortnight will be our last big training block, as the final fortnight we'll ease off in the lead up to the big day.

For one of your weekend rides, consider riding up Glendoe to familiarise yourself with the King of the Mountain climb and also the descents en route to Foyers and the final run into Inverness.

The options are to ride from Inverness along the south side of Loch Ness in the opposite direction to the Etape route all the way to Fort Augustus, then about turn and cycle back for the final 33 miles. Or drive out to Camerons Tea Room in Foyers and cycle from the café over the top and down to Fort Augustus, and then return back to Foyers.

The midweek sessions are road-based miles and now the clocks have changed gives us evenings to get some hill climbing practice in.

I hope you've enjoyed your time preparing for the Etape and that this plan has been of assistance. I wish you all the best on the day.

Kenny Riddle

Week 13	Weekend ride: <ul style="list-style-type: none">• 2hr 30min steady on rolly / hilly roads (RPE4) Tuesday: <ul style="list-style-type: none">• 1hr road ride using rolly roads (RPE 4-6) Thursday: <ul style="list-style-type: none">• 1hr road ride using rolly roads (RPE 4-6)
Week 14	Weekend ride: <p>3hr 15min on hilly/rolly roads where possible (RPE 4 and RPE 6 on the main hills) (RPE 3-8)</p> Tuesday: <p>1hr 30min hilly road ride, or do 5min hill repetitions x 5 on a hill in your area (RPE 3-8)</p> Thursday: <p>1hr 30min road ride on rolly/flat roads (RPE 3-6)</p>
Week 15	Weekend ride:

	<ul style="list-style-type: none">• 3hrs 30min on hilly/rolly roads where possible (RPE 4 and RPE 6 on the main hills) (RPE 3-8) <p>Tuesday:</p> <ul style="list-style-type: none">• 1hr 30mins hilly road ride, or do 5min hill repetitions x 6 on a hill in your area.(RPE 3-8) <p>Thursday:</p> <ul style="list-style-type: none">• 1hr 30mins road ride on rolly/flat roads (RPE 3-6)
Week 16	<p>Easy taper week!</p> <p>Weekend ride: 1hr 30min easy on rolly/flat roads</p> <p>Tuesday:</p> <ul style="list-style-type: none">• 1hr easy on flat roads <p>Thursday:</p> <ul style="list-style-type: none">• 1hr easy on flat roads <p>Saturday:</p> <ul style="list-style-type: none">• If time allows 30min easy