

Week 6

Peaking

Sport Ireland Yeats Tour of Sligo 2017

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Congratulations on reaching the final run in for the Sport Ireland Yeats Tour of Sligo

60k Lough Gill Circuit

Complete one 2 hrs session this week with coffee stop included.

On 1 or 2 days cycle for 1 hour with 4 x 5 minute efforts at a fast pace that can be maintained for the 5 minutes. Arrive home feeling that you could have done more.

The Final Week

In the final week just do two 45 minutes sessions midweek with 2 x 5 minutes fast effort in each session. If possible do an easy 30 minutes cycle the day before the big event.

100km Innisfree Tour

This week do a similar amount of sessions that you usually do! However keep the distance or time of each sessions below the maximum time or distance that you have done to date. Maintain the 6 minutes fast x 4 times in one or two midweek session.

The Final Week

Keep your midweek sessions short and include 6 minutes fast x 2 in one or two midweek sessions.

160k The Ox Mountain Challenge

This week do the usual number of sessions. Keep the distance of each session within the maximum distance you have done to date.

Midweek, maintain 3 x 10 minutes fast efforts in one session midweek.

The Final Week

Reduce the distance of the midweek sessions. Include 2 x 6 minutes fast in one of the midweek sessions.

Tips and Tasks

- Have your last hilly cycle one week before the Tour to allow the muscles to fully recover
- Final bike check Friday
- Get good rest/ sleep in the days before the event
- If possible, do a short cycle of 30 to 40 minutes with one or two faster sections of 10 to 20 seconds the day before to activate muscles

Sport Ireland Yeats Tour of Sligo Day

- Look where you are going at all times
- Follow the rules of the road.
- Cycle with people of your own ability if possible
- Have a relaxed start and let the groups settle down during the first few kms.
- Have your bike in a gear that gives an easy smooth start then change the gears to suit the speed as you progress.
- Enjoy the day meeting new friends and challenging yourself
- Enjoy the O'Hehirs Bakery and café food stops.
- The 100k and 160k groups need to be eating/ drinking 60 -90 grammes of easily digested carbohydrate snacks/ drinks per hour.
- Eat and drink small amounts every 15 minutes or so
- For more tips see <http://www.tourofsligo.ie/about-the-tour/training-programmes-tips/>
- Give a round of applause to yourself and all the organisers and volunteers for everyone's efforts in producing a great event