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## Cycle-Max Coaching

Welcome to Cycle-Max Coaching! If cycling is your passion, but you're not getting the results you want, you have come to the right place. As a Cycle-Max coach, **my goal is to help you maximize your cycling performance**. Whether your objective is to complete a 150-mile tour, to finish a 40K time trial in less than an hour, or to win a national championship, I will help you achieve your goals. My Cycle-Max coaching program will help you assess your current fitness level, identify your strengths and weaknesses, set SMART goals, develop a periodized training program, and assess your progress on a continuous basis. Whatever your cycling aspirations may be, I have a program that will make you stronger.

Cycle-Max Coaching is a one-on-one, virtual coaching process that is based on the idea that there are three primary elements to effective cycling performance: *training, nutrition and recovery*. The primary objective of Cycle-Max Coaching is to facilitate the integration of these elements in a way that allows you to achieve your cycling goals. Specifically, we work together to develop a systematic training program that combines effective nutritional practices with sufficient rest and recovery.



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Cycle-Max Coaching works because it follows four basic training principles: Periodization, Progressive Overload, Specificity and Individuality. *Periodization* is the process of dividing an annual training plan into specific time blocks, where each time block has a particular objective and provides the body with different types of stress. This creates some periods of training that are harder and some that are easier to allow for recovery. It also facilitates the development of different energy systems during various phases of training and is the most effective way to promote significant performance improvement.

*Progressive Overload* is the process of gradually increasing stresses to the body's cardiopulmonary and muscular systems over a period of time to facilitate positive physiological adaptation (i.e., performance improvement). We do this through the effective application of the F.I.T.T. Model (frequency, intensity, time and type). For example, to develop your aerobic endurance, you may start with a long ride of 20 miles and increase the distance by 2 miles each week until you can comfortably ride 40 miles. In this instance, you have improved your aerobic capacity by progressively overloading "time".

*Specificity* simply means that your training program will resemble the activity you want to perform. If you want to complete a 150-mile tour, we will develop a program that significantly increases your aerobic endurance. If you want to compete in time trials, we will create a training regimen that increases your *maximum sustainable power output*. Likewise, if you want to race in criteriums, we will utilize workouts that increase your sprinting speed. Lastly, *individuality* means that your training program will be uniquely suited to your goals, strengths, weaknesses and constraints. We take all of these variables into consideration to develop the most effective program possible.

Ready to get started with Cycle-Max Coaching? Simply visit my website at [www.holmesfitness.com](http://www.holmesfitness.com) to request a Free Consultation and begin the process that will maximize your cycling performance!