HFC Holmes Fitness Coaching, LLC

Facilitating Your Fitness Journey

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2010 Training Plan – Competition Phase

Week of	M	T	W	Th	F	Sa	Su	Total
4/19	1.5 HI	1.0 AR	OFF	1.5 TT	1.0 AR	2.0 SS	OFF	7.0
4/26	1.5 HI	1.0 AR	OFF	1.5 TT	1.0 AR	2.0 SS	OFF	7.0
5/3	2.0 HI	0.75 AR	OFF	0.75 AR	OFF	SM TT 5.5M	OFF	5.0
5/10	2.0 TT	1.0 AR	OFF	1.5 SS	OFF	SC TT 23.5 M	OFF	6.5
5/17	2.0 HI	1.0 AR	OFF	1.5 SS	1.0 AR	OFF	ML TT or 2.0 TT	7.5
5/24	OFF	2.0 TT or VO2	0.75 AR	OFF	0.75 AR	OFF	TR TT 16 M	5.0
5/31	1.0 AR	1.5 VO2/SI	OFF	1.5 SS	OFF	Piru TT 40K	OFF	6.0
6/7	2.0 HI	1.0 AR	OFF	2.0 TT	1.0 AR	1.5 SS	OFF	7.5
6/14	1.5 VO2/SI	1.0 AR	OFF	0.75 AR	0.75 AR	OFF	PP TT 40K	6.0
6/21	1.0 AR	2.0 HI	OFF	2.0 TT	1.0 AR	1.5 SS	OFF	7.5
6/28	1.5 VO2/SI	1.0 AR	OFF	2.0 TT	1.0 AR	1.5 SS	OFF	7.0
7/5	1.5 VO2/SI	1.0 AR	OFF	0.75 AR	0.75 AR	OFF	PP TT 40K	6.0

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Week of	M	T	W	Th	F	Sa	Su	Total
7/12	1.0 AR	2.5 HI	off	2.0 TT	1.0 AR	1.5 SS	off	8.0
7/19	1.5 VO2/SI	1.0 AR	off	2.0 SS	1.0 AR	off	SP TT 11.7 M	7.0
7/26	off	1.5 VO2/SI	0.75 AR	0.75 AR	off	Piru TT 40K	off	5.0
8/2	2.5 HI	1.0 AR	off	1.5 SS	1.0 AR	off	PP TT 40K	8.0
8/9	1.0 AR	1.5 SS	off	2.0 TT	1.0 AR	1.5 VO2/SI	off	7.0
8/16	2.0 TT	1.0 AR	off	1.0 AR	off	1.0 AR	off	5.0
8/23	2.0 HI	1.0 AR	off	1.0 SS	1.0 AR	off	NM TT 40K	7.0
8/30	off	1.0 VO2/SI	off	1.0 SS	1.0 AR	off	RC TT 40K	5.0
9/6	off	1.0 VO2/SI	off	0.5 AR	0.5 AR	off	AZ TT 40K	4.0
9/13	1.0 AR	1.0 SS	off	1.0 SS	1.0 AR	off	AZ HC 20 M	6.0
9/20	off	1.0 SS	off	1.0 SS	1.0 AR	off	KP TT 11.6 M	5.0
9/27	off	1.0 SS	1.0 AR	off	1.0 SS	1.0 AR	off	4.0

KEY:

Red = Interval Workout

Blue = Race