



17212 N. Scottsdale Road - Suite 2317 - Scottsdale, AZ 85255

Phone: (480) 584-6202 Fax: (480) 584-6206

www.holmesfitness.com

2010 TRAINING PLAN – INTENSITY PHASE								
WEEK OF	M	T	W	TH	F	SA	SU	TOTAL
1/25	2.5 SS	1.0 SS	OFF	1.75 HI	1.0 AR	1.25 PI	OFF	7.5
2/1	2.0 HC	1.0 SS	OFF	1.75 HI	1.0 AR	1.25 PI	OFF	7.0
2/8	1.25 VO2/SI	0.75 AR	OFF	1.0 AR	OFF	2.0 GR	OFF	5.0
2/15	2.75 SS	1.0 SS	OFF	2.0 HI	1.0 AR	1.25 PI	OFF	8.0
2/22	1.25 VO2/SI	1.25 SS	OFF	1.5 PI	1.0 AR	2.0 GR	OFF	7.0
3/1	1.25 VO2/SI	0.75 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	4.0
3/8	1.5 TT	1.5 SS	OFF	2.0 HI	1.0 AR	2.0 GR	OFF	8.0
3/15	2.0 HC	1.0 SS	OFF	1.5 TT	1.0 AR	OFF	3B TT 30K	7.0
3/22	1.0 AR	OFF	1.25 VO2/SI	0.75 AR	OFF	2.0 GR	OFF	5.0
3/29	3.0 SS	1.0 SS	OFF	2.0 HI	1.0 AR	1.5 TT	OFF	8.5
4/5	1.5 TT	1.5 SS	OFF	2.0 HI	1.0 AR	2.0 GR	OFF	8.0
4/12	1.5 SS	1.0 AR	OFF	1.0 AR	OFF	3B TT 30K	OFF	5.0



Dr. Tyrone A. Holmes, Ed.D, CPT
 Speaker - Author - Consultant
 Certified Personal Trainer
 USA Cycling Level 2 Coach
doctorholmes@sbcglobal.net

