

<b>HFC</b>	<b>Holmes Fitness Coaching, LLC</b>
	Improving Business and Athletic Performance

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<b>2010 TRAINING PLAN – RECOVERY PHASE</b>								
WEEK OF	M	T	W	TH	F	SA	SU	TOTAL
<b>9/13</b>	OFF	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	3.0
<b>9/20</b>	1.0 SS	OFF	1.0 AR	OFF	1.0 SS	OFF	OFF	3.0
<b>9/27</b>	1.0 SS	1.0 AR	OFF	1.0 AR	OFF	1.0 SS	OFF	4.0



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