



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

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

www.holmesfitness.com

9 Goals for 2011

Training (Process) Goals

1. Complete a 3-mile Pinnacle Peak Hill Interval in less than 13:00 – **Done 3/23/11**
2. Complete a 10-mile Field Test @ 240 watts AP and/or 27:00 – **Done 4/25/11**
3. Complete 40-mile training ride in 2 hours (20.0 mph) – **Done 1/17/11**
4. Climb South Mountain 3 times in one workout

Racing (Outcome) Goals

1. Complete a 30K TT in 48:00
2. Finish South Mountain TT in 25:00 and/or Top 3 finish
3. Finish SCNCA TT Championships in sub-60:00
4. Finish the Thunder Road TT in sub-40:00
5. Set PB in a 40K TT (1:03:57 current PB)



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

