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2011 RACE SEASON TRAINING PLAN – COMPETITION PHASE

Competition 1 = 18.5 hrs								
Week	M	T	W	Th	F	Sat	Sun	Total
5/2	1.0 AR	1.0 SS	OFF	1.0 SS	0.5 WU	SM TT 5.5 M	OFF	5.0
5/9	2.5 SS	1.0 AR	OFF	1.75 HI	0.75 AR	1.5 VO2/SI:L	OFF	7.5
5/16	TT Test 1.5	1.0 AR	OFF	1.0 AR	OFF	0.5 WU	ACCC 40K TT	6.0
Competition 2 = 15 hrs								
5/23	1.0 AR	1.25 PI:CC	OFF	1.25 SS	Travel	SC TT 23.5 M	OFF	5.5
5/30	2.0 SS	1.0 AR	OFF	1.25 PI:CC	OFF	0.5 WU	TR TT 16 M	6.5
6/6	OFF	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	3.0
Competition 3 = 19 hrs								
6/13	2.5 HC	1.0 AR	OFF	1.75 TT	0.75 AR	1.5 VO2 SI:S	OFF	7.5
6/20	2.0 Tempo	1.0 AR	OFF	1.75 HC	0.75 AR	1.5 VO2 SI:S	OFF	7.0
6/27	TT Test 1.5	1.25 CI	OFF	0.75 AR	OFF	1.0 AR	OFF	4.5



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Competition 4 = 18.5 hrs								
7/4	2.5 HC	1.0 AR	OFF	1.0 SI:L	OFF	0.5 WU	3 Bears 30K TT	7.0
7/11	1.0 AR	2.0 SS	OFF	1.75 HI	0.75 AR	1.5 VO2 SI:S	OFF	7.0
7/18	TT Test 1.5	1.25 CI	OFF	0.75 AR	OFF	1.0 AR	OFF	4.5
Competition 5 = 18.5 hrs								
7/25	2.5 HC	1.0 AR	OFF	1.0 SI:L	OFF	0.5 WU	ACCC 40K TT	7.0
8/1	0.75 AR	2.0 SS	OFF	1.75 HI	1.0 AR	1.5 VO2 SI:S	OFF	7.0
8/8	TT Test 1.5	1.25 CI	OFF	0.75 AR	OFF	1.0 AR	OFF	4.5
Competition 6 = 17.5 hrs								
8/15	2.5 HC	1.0 AR	OFF	1.0 SI:L	1.0 AR	Travel	NM TT 30K	7.0
8/22	1.0 AR	1.0 SS	OFF	1.0 SI:L	OFF	0.5 WU	AZ TTT 40K	5.5
8/29	TT Test 1.5	0.5 AR	OFF	0.5 AR	0.5 WU	Travel	RC TT 40K	5.0
Competition 7 = 12 hrs								
9/5	1.0 AR	1.5 SS	OFF	1.0 SI:L	OFF	0.5 WU	AZ TT 40K	6.0
9/12	OFF	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	3.0
9/19	0.5 AR	0.5 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	3.0

Workout Key

- ▶ Tempo = Tempo Ride
- ▶ AR = Active Recovery
- ▶ SS = Steady Spinning
- ▶ TT = Time Trial Intervals
- ▶ HC = Hill Climb
- ▶ HI = Hill Intervals
- ▶ CI = Cadence Intervals
- ▶ SI:L = Sprint Intervals: Long
- ▶ SI:S = Sprint Intervals: Short
- ▶ VO2 = VO₂ max Intervals
- ▶ PI:CC = Pyramid Intervals: Constant Cadence
- ▶ TT Test = 1 x 10 miles @ lactate threshold
- ▶ WU = Warm-up
- ▶ Red = High Intensity Workout
- ▶ Blue = Race