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2011 RACE SEASON TRAINING PLAN — INTENSITY PHASE

Intensity 1 = 19.5 hrs								
Week	M	T	W	Th	F	Sat	Sun	Total
1/17	2.5 Tempo	1.0 AR	OFF	1.75 HI	1.0 AR	1.25 SLT/SI:S	OFF	7.5
1/24	2.5 HC	1.0 AR	OFF	1.75 TT	1.0 AR	OFF	FF TT 20K	7.5
1/31	1.0 AR	1.5 TT Test	OFF	1.0 AR	OFF	1.0 AR	OFF	4.5
Intensity 2 = 20 hrs								
2/7	2.5 Tempo	1.0 AR	OFF	1.75 HI	1.0 AR	1.25 SLT/SI:S	OFF	7.5
2/14	2.5 HC	1.0 AR	OFF	1.75 TT	1.0 AR	1.25 SLT/SI:S	OFF	7.5
2/21	TT Test 1.5	1.0 AR	OFF	0.5 AR	OFF	0.5 AR	VM TT 20K	5.0
Intensity 3 = 18.5 hrs								
2/28	1.0 AR	1.75 TT	OFF	1.5 SS	0.5 AR	CWH TT 30K	OFF	6.5
3/7	2.5 HC	1.0 AR	OFF	1.75 TT	1.0 AR	1.25 VO2/SI:L	OFF	7.5
3/14	TT Test 1.5	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	4.5



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Intensity 4 = 19.5 hrs								
3/21	2.5 Tempo	1.0 AR	OFF	1.75 HI	0.75 AR	1.5 VO2/SI:L	OFF	7.5
3/28	2.75 HC	1.0 AR	OFF	1.75 TT	0.5 AR	1.5 VO2/SI:L	OFF	7.5
4/4	TT Test 1.5	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	4.5
Intensity 5 = 20 hrs								
4/11	1.0 AR	2.0 Tempo	OFF	1.75 HI	0.75 AR	1.5 VO2/SI:L	OFF	7.0
4/18	2.75 HC	1.0 AR	OFF	2.0 Tempo	0.75 AR	1.5 VO2/SI:L	OFF	8.0
4/25	TT Test 1.5	0.75 AR	OFF	0.5 AR	OFF	0.5 AR	CWH TT 30K	5.0

Workout Key

- ▶ Tempo = Tempo Ride
- ▶ AR = Active Recovery
- ▶ SS = Steady Spinning
- ▶ TT = Time Trial Intervals
- ▶ HC = Hill Climb
- ▶ CI = Cadence Intervals
- ▶ HI = Hill Intervals
- ▶ SI:L = Sprint Intervals: Long
- ▶ SI:S = Sprint Intervals: Short
- ▶ SLT = Single Leg Training
- ▶ VO2 = VO₂ max Intervals
- ▶ TT Test = 1 x 10 miles @ lactate threshold
- ▶ **Red** = High Intensity Workout
- ▶ **Blue** = Race