



Holmes Fitness Coaching, LLC

Improving Health, Fitness and Athletic Performance

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My 2010 Goal

I'll be racing in eight, 40K time trials (and one 23.5 mile TT) this season. Most of these races will take place on much hillier terrain than I have ever raced before. My previous PB for a 40K TT is 1:03:57 on a relatively flat course (23.27 mph). My only goal since I began competitive cycling four years ago is to break one hour. Given the tougher courses I will be riding, it may be too much to expect to achieve that goal this year (but it will be my primary objective next season). Therefore, my only competition goal for the 2010 cycling season is to attain an average speed of 24 mph in a 40K TT:

40K TT in 1:02:00 (24 mph)



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