

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

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

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

[www.holmesfitness.com](http://www.holmesfitness.com)

## 2011 RACE SEASON TRAINING PLAN – ENDURANCE PHASE

<b>Endurance 1 = 14.5 hrs</b>								
Week	M	T	W	Th	F	Sat	Sun	Total
10/4	1.5 SS	1.0 HCS	OFF	1.0 Tempo	0.5 AR	1.0 SI	OFF	5.0
10/11	2.0 SS	1.0 HCS	OFF	1.0 Tempo	0.5 AR	1.0 SI	OFF	5.5
10/18	TT Test 1.0	1.0 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	4.0
<b>Endurance 2 = 16.5 hrs</b>								
10/25	2.0 SS	1.0 HCS	OFF	1.5 Tempo	0.5 AR	1.0 SI	OFF	6.0
11/1	2.0 SS	1.0 HCS	OFF	1.5 Tempo	0.5 AR	1.5 SI	OFF	6.5
11/8	TT Test 1.0	1.0 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	4.0
<b>Endurance 3 = 18.5 hrs</b>								
11/15	2.0 SS	1.0 CI	OFF	1.5 Tempo	1.0 AR	1.5 SI	OFF	7.0
11/22	2.5 SS	1.0 CI	OFF	1.5 Tempo	1.0 AR	1.5 SI	OFF	7.5
11/29	TT Test 1.0	1.0 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	4.0



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



Endurance 4 = 21 hrs								
12/6	2.5 SS	1.0 CI	OFF	2.0 Tempo	1.0 AR	1.5 HI	OFF	8.0
12/13	3.0 SS	1.0 CI	OFF	2.0 Tempo	1.0 AR	1.5 HI	OFF	8.5
12/20	TT Test 1.5	1.0 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	4.5
Endurance 5 = 23 hrs								
12/27	3.0 SS	1.25 CI	OFF	2.0 Tempo	1.0 AR	1.75 HI	OFF	9.0
1/3	3.0 SS	1.5 CI	OFF	2.0 Tempo	1.0 AR	2.0 HI	OFF	9.5
1/10	TT Test 1.5	1.0 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	4.5

### Workout Key

- ▶ SS = Steady Spinning
- ▶ HCS = High Cadence Spinning
- ▶ Tempo = Tempo Ride
- ▶ AR = Active Recovery
- ▶ SI = Strength Intervals
- ▶ CI = Cadence Intervals
- ▶ HI = Hill Intervals
- ▶ TT Test = 10 mile field test @ lactate threshold (1.0 hour); 2 x 10 mile (1.5 hours)