

HFC	Holmes Fitness Coaching, LLC
	Improving Health, Fitness and Athletic Performance

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2012 RACE SEASON TRAINING PLAN – COMPETITION PHASE

Competition 1 = 19.0 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
4/16	1.5 HC	1.0 AR	OFF	1.5 TT	1.0 AR	OFF	1.0 AR	6.0
4/23	2.0 HC	1.0 AR	OFF	1.5 TT	1.0 AR	1.5 CI	OFF	7.0
4/30	1.5 FT	1.0 AR	OFF	1.0 AR	OFF	0.5 WU	ML TT	6.0
Competition 2 = 12.0 hours								
5/7	1.0 AR	2.0 SS	OFF	1.0 HCR	0.5 WU	SM TT	OFF	6.0
5/14	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	OFF	3.0
5/21	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	OFF	3.0
Competition 3 = 17.0 hours								
5/28	2.0 Tempo	1.0 AR	OFF	1.25 TT	1.0 AR	1.25 SLT/Sl:S	OFF	6.5
6/4	2.0 SS	1.0 AR	OFF	1.25 SLT/Sl:S	OFF	0.5 WU	ACCC 2 TT	6.5
6/11	1.0 AR	1.0 FT	OFF	1.0 AR	OFF	1.0 AR	OFF	4.0



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Competition 4 = 18.0 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
6/18	2.0 HC	1.0 AR	OFF	1.25 TT	1.0 AR	1.25 SLT/SI:S	OFF	6.5
6/25	2.0 SS	1.0 AR	OFF	1.75 HI	1.0 AR	1.25 SLT/SI:S	OFF	7.0
7/2	1.0 FT	1.75 Tempo	OFF	0.75 AR	OFF	1.0 AR	OFF	4.5
Competition 5 = 17.5 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
7/9	2.0 SS	1.0 AR	OFF	1.25 TT	1.0 AR	1.25 SLT/SI:S	OFF	6.5
7/16	1.25 VO2	1.25 AR	OFF	1.25 CI	OFF	0.5 WU	ACCC #3 TT	6.0
7/23	1.0 AR	1.0 30/30	OFF	1.0 AR	OFF	0.5 WU	3 Bears TT #1	5.0
Competition 6 = 16.5 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
7/30	1.0 AR	2.0 SS	OFF	1.25 VO2	1.0 AR	1.25 TT	OFF	6.5
8/6	1.25 VO2	1.0 AR	OFF	1.25 CI	OFF	0.75 WU	3 Bears TT #2	6.0
8/13	1.0 AR	1.0 FT	OFF	1.0 AR	OFF	1.0 AR	OFF	4.0
Competition 7 = 17 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
8/20	1.25 VO2	1.0 AR	OFF	1.25 CI	1.0 AR	Travel	NM/TX TT	6.0
8/27	1.0 AR	2.0 SS	OFF	1.0 CI	1.0 AR	1.0 30/30	OFF	6.0
9/3	1.0 FT	1.0 AR	OFF	1.0 AR	OFF	0.5 WU	AZ TTT	5.0
Competition 8 = 12 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
9/10	1.0 AR	1.75 SS	OFF	1.0 30/30	OFF	0.5 WU	AZ TT	6.0
9/17	OFF	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	3.0
9/24	OFF	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	3.0

Workout Key

- ▶ AR = Active Recovery
- ▶ HCR = High Cadence Recovery
- ▶ SS = Steady Spinning
- ▶ HC = Hill Climb
- ▶ Tempo = Tempo Ride
- ▶ CI = Cadence Intervals
- ▶ TT = Time Trial Intervals
- ▶ HI = Hill Intervals
- ▶ SLT = Single Leg Training
- ▶ SI:S = Sprint Intervals: Short
- ▶ FT = Field Test (1 x 10 miles @ lactate threshold)
- ▶ WU = Warm-up
- ▶ **Red** = High Intensity Workout
- ▶ **Blue** = Race
- ▶ **Gray Shade** = Recovery Block