



**Holmes Fitness Coaching, LLC**

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)

## **My Goals for the 2013 Race Season**

### Training (Process) Goals

1. Set PB for miles ridden in a calendar year (5,164 current PB)
2. Set PB for hours ridden in a calendar year (305 current PB)
3. Complete a 10-mile Field Test at 250 watts AP
4. Achieve a 3.75:1 power-to-weight ratio
5. Climb South Mountain 3 times in one workout
6. Complete a 3-mile Pinnacle Peak Hill Interval in less than 11:30

### Racing (Outcome) Goals

1. Win a medal in the 5K TT at the Senior Olympics
2. Win a medal in the 10K TT at the Senior Olympics
3. Finish Mt. Lemmon TT in 55:00
4. Finish South Mountain TT in 24:30
5. Set a PB in the State Hill Climb Championships
6. Set PB in a 40K TT tandem (1:00:18 current PB) or solo (1:03:57 current PB)



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)

