



## Holmes Fitness Coaching, LLC

Improving Health, Fitness and Athletic Performance

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### 2013 RACE SEASON TRAINING PLAN – COMPETITION PHASE I

Competition 1 = 20 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
1/14	2.5 SS	1.0 AR	OFF	1.5 HI	1.0 AR	1.5 SS	OFF	7.5
1/21	2.5 HC	1.0 AR	OFF	1.5 CI	OFF	0.5 WU	RAT TT	7.5
1/28	1.0 AR	1.5 FT	OFF	0.75 AR	OFF	0.5 WU	FF TT	5.0
Competition 2 = 17.5 hours								
2/4	1.0 AR	1.75 TT	OFF	1.25 MB	Travel	1.5 SS	OFF	5.5
2/11	2.5 HC	1.0 AR	OFF	0.5 WU	VOS TT	1.5 SS	OFF	7.0
2/18	1.5 FT	1.5 MB	OFF	1.0 AR	OFF	1.0 AR	OFF	5.0
Competition 3 = 16.5 hours								
2/25	1.5 TT	1.0 AR	OFF	1.0 HCS	OFF	ASO TT	ASO RR	7.0
3/4	OFF	1.0 AR	OFF	1.25 MB	1.0 AR	1.25 CI	OFF	4.5
3/11	1.5 FT	1.5 MB	OFF	1.0 AR	OFF	1.0 AR	OFF	5.0



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Competition 4 =18 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
3/18	2.5 HC	1.0 AR	OFF	1.5 TT	1.0 AR	1.0 SS	OFF	7.0
3/25	1.75 HI	1.0 AR	OFF	0.75 WU	1.5 SM FT	1.0 AR	OFF	6.0
4/1	1.5 FT	1.5 MB	OFF	1.0 AR	OFF	1.0 AR	OFF	5.0
Competition 5 =18 hours								
4/8	2.5 HC	0.75 AR	OFF	1.5 TT	OFF	1.25 HCS	OFF	6.0
4/15	1.75 HI	1.25 HCR	OFF	1.5 SM FT	OFF	1.5 HCS	OFF	6.0
4/22	2.5 HC	0.75 AR	OFF	1.5 TT	OFF	1.25 HCS	OFF	6.0
Competition 6 = 12.5 hours								
4/29	1.75 HI	0.5 HCR	OFF	1.0 SS	OFF	0.5 WU	ML TT	5.0
5/6	OFF	1.75 SM TT	1.0 AR	OFF	0.5 WU	SM TT	OFF	4.5
5/13	1.0 AR	OFF	1.0 AR	OFF	1.0 AR	OFF	OFF	3.0

### Workout Key

- ▶ AR = Active Recovery
- ▶ SS = Steady Spinning
- ▶ HC = Hill Climb
- ▶ HI = Hill Intervals
- ▶ TT = Time Trial Intervals
- ▶ CI = Cadence Intervals
- ▶ MB = Microbursts
- ▶ FT = 30 minute Field Test
- ▶ WU = Warm-up
- ▶ Red = High-Intensity Workout
- ▶ Blue = Race
- ▶ Yellow Shade = Block Training
- ▶ Gray Shade = Recovery Block