

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

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2013 RACE SEASON TRAINING PLAN – COMPETITION PHASE II

Competition 1 = 17 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
7/1	2.0 SS	1.0 AR	OFF	1.25 PI	OFF	1.75 SS	OFF	6.0
7/8	2.0 HC	1.0 AR	1.25 PI	OFF	1.0 SS	0.75 SS	OFF	6.0
7/15	1.75 HC	1.25 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	5.0
Competition 2 = 18.5 hours								
7/22	2.0 HC	1.0 AR	OFF	1.25 PI	OFF	0.5 WU	3 Bears TT #1	6.5
7/29	2.0 SS	1.0 AR	OFF	1.0 SS	OFF	2.0 HC	OFF	6.0
8/5	1.25 PI	1.5 CI	OFF	1.0 AR	OFF	0.5 WU	ACCC #2	6.0
Competition 3 = 18 hours								
8/12	2.0 HC	1.0 AR	OFF	1.5 TT or HI	OFF	0.5 WU	3 Bears TT #2	6.5
8/19	2.0 SS	1.0 AR	OFF	1.5 TT or HI	OFF	2.0 HC	OFF	6.5
8/26	1.5 TT or HI	1.5 CI	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
9/2	1.5 TT or HI	1.0 AR	OFF	1.5 SS	OFF	0.5 WU	AZ TTT	6.0
9/9	1.0 AR	1.75 SS	OFF	1.5 TT or HI	OFF	1.75 HC	OFF	6.0
9/16	1.5 TT or HI	1.5 CI	OFF	1.0 AR	OFF	0.5 WU	KP HC TT	6.0
Competition 5 = 19 hours								
9/23	1.0 AR	1.5 SS	OFF	1.0 TT or HI	OFF	0.5 WU	AZ HC	6.5
9/30	OFF	1.0 AR	OFF	1.5 SS	1.0 AR	1.0 CI	OFF	4.5
10/7	1.5 SS	1.5 CI	OFF	1.0 AR	OFF	0.5 WU	T de S	8.0

Workout Key

- ▶ AR = Active Recovery
- ▶ SS = Steady Spinning
- ▶ HC = Hill Climb
- ▶ CI = Cadence Intervals
- ▶ PI = Pyramid Intervals
- ▶ HI = Hill Intervals
- ▶ TT = Time Trial Intervals
- ▶ WU = Warm-up
- ▶ Red = High-Intensity Workout
- ▶ Blue = Race
- ▶ Green = Event
- ▶ Gray Shade = Recovery Block