

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

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2013 RACE SEASON TRAINING PLAN – ENDURANCE PHASE II

Endurance 1 = 16 hours								
Week	M	T	W	Th	F	Sat	Sun	Total
4/29	1.5 SS	1.0 AR	OFF	1.5 SS	OFF	1.5 SS	OFF	5.5
5/6	1.75 SS	1.0 AR	OFF	1.5 SI	OFF	1.25 CI	OFF	5.5
5/13	1.5 HC	1.5 SS	OFF	1.0 AR	OFF	1.0 AR	OFF	5.0
Endurance 2 = 18 hours								
5/20	2.0 SS	1.0 AR	OFF	1.5 SI	OFF	1.5 CI	OFF	6.0
5/27	2.0 HC	1.0 AR	OFF	1.5 SI	OFF	1.5 CI	OFF	6.0
6/3	1.5 FT	OFF	1.0 AR	OFF	1.0 AR	OFF	2.5 SS	6.0
Endurance 3 = 18 hours								
6/10	1.0 AR	OFF	1.0 SS	1.5 PI	OFF	2.5 SS	OFF	6.0
6/17	2.0 HC	1.0 AR	OFF	1.5 PI	OFF	1.5 CI	OFF	6.0
6/24	1.5 FT	2.5 HC	OFF	1.0 AR	OFF	1.0 AR	OFF	6.0



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Workout Key

AR = Active Recovery

SS = Steady Spinning

HC = Hill Climb

SI = Strength Intervals

CI = Cadence Intervals

PI = Pyramid Intervals

FT = Field Test

Red = High-Intensity Workout

Gray Shade = Recovery Block