



Holmes Fitness Coaching, LLC

Improving Health, Fitness and Athletic Performance

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My Goals for the 2014 Season

Training (Process) Goals

1. Ride 6,000 miles
2. Ride 340 hours
3. Complete 3 centuries
4. Climb South Mountain 3 times in one workout
5. Climb Bartlett Lake twice in one workout (from Ranger station)
6. Complete the Bartlett Lake long ride (from Hayden and Thompson Peak)

Racing (Outcome) Goals

1. Set a PB in the Tour de Mesa*
2. Set a PB in the Mt. Lemmon Gran Fondo*
3. Set a PB in the South Mountain TT
4. Set a PB in the Mt. Lemmon TT
5. Set a PB in the Tour de Scottsdale
6. Set a PB in El Tour de Tucson*

*1st time event



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