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2015 RACE SEASON TRAINING PLAN – COMPETITION PHASE I

Competition 1 = 17 Hours								
Week	M	T	W	Th	F	Sat	Sun	Total
3/2	1.25 TT or HI	OFF	1.75 Tempo	1.0 AR	OFF	AZ Sen Olympics	OFF	5.5
3/9	2.0 Tempo	1.0 AR	OFF	1.5 TT or HI	1.0 AR	1.0 VO2	OFF	6.5
3/16	1.5 FT	1.5 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	5.0
Competition 2 = 18 Hours								
3/23	SD TT	1.0 AR	2.0 SS	OFF	1.0 VO2	1.0 AR	OFF	6.5
3/30	2.0 Tempo	1.0 AR	OFF	1.5 TT or HI	1.0 AR	1.0 VO2	OFF	6.5
4/6	SD TT	1.5 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	5.0
Competition 3 = 18 Hours								
4/13	1.25 VO2	1.0 AR	OFF	1.25 SS	1.0 AR	2.0 Tempo	OFF	6.5
4/20	1.75 TT or HI	1.0 AR	OFF	1.5 SS	1.0 AR	OFF	CC #1	7.0
4/27	1.0 AR	1.5 FT	OFF	1.0 AR	OFF	1.0 AR	OFF	4.5



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Competition 4 = 17 Hours								
5/4	SD TT	1.0 AR	OFF	1.75 SS	1.0 AR	1.25 Tempo	OFF	6.5
5/11	1.75 TT	1.0 AR	OFF	1.5 SS	OFF	0.5 WU	SP TT	6.5
5/18	1.0 AR	OFF	1.0 AR	OFF	0.5 WU	SCNCA TT	OFF	4.0
Competition 5 = 18 Hours								
5/25	2.0 Tempo	1.0 AR	OFF	1.75 TT	1.0 AR	1.25 SS	OFF	7.0
6/1	SD TT	1.0 AR	OFF	1.75 TT	1.0 AR	1.25 SS	OFF	6.5
6/8	1.5 FT	1.0 CI	OFF	1.0 AR	OFF	1.0 AR	OFF	4.5

Workout Key

- ▶ AR = Active Recovery
- ▶ SS = Steady Spinning
- ▶ Tempo = Tempo Ride
- ▶ CI = Cadence Intervals
- ▶ TT = Time Trial Intervals
- ▶ HI = Hill Intervals
- ▶ VO2 = VO₂ max Intervals
- ▶ WU = Warm-Up
- ▶ FT = Field Test
- ▶ **Red** = High Intensity Workout
- ▶ **Red/Bold** = Training Race
- ▶ **Blue** = USAC Sanctioned Race