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| <b>HFC</b> | <b>Holmes Fitness Coaching, LLC</b>                |
|            | Improving Health, Fitness and Athletic Performance |

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### 2015 RACE SEASON TRAINING PLAN — INTENSITY PHASE

| Intensity 1 = 16 Hours |         |        |     |                  |        |                    |     |       |
|------------------------|---------|--------|-----|------------------|--------|--------------------|-----|-------|
| Week                   | M       | T      | W   | Th               | F      | Sat                | Sun | Total |
| 11/17                  | 2.0 SS  | 1.0 AR | OFF | 1.0 PI           | 1.0 AR | 1.0<br>SLT/SI:L    | OFF | 6.0   |
| 11/24                  | 2.0 SS  | 1.0 AR | OFF | 1.0 PI           | 1.0 AR | 1.0<br>SLT/SI:L    | OFF | 6.0   |
| 12/1                   | 1.0 FT  | 1.0 CI | OFF | 1.0 AR           | OFF    | 1.0 AR             | OFF | 4.0   |
| Intensity 2 = 17 Hours |         |        |     |                  |        |                    |     |       |
| 12/8                   | 2.25 SS | 1.0 AR | OFF | 1.25 PI          | 1.0 AR | 1.0<br>SLT/SI:L    | OFF | 6.5   |
| 12/15                  | 2.25 SS | 1.0 AR | OFF | 1.25 PI          | 1.0 AR | 1.0<br>SLT/SI:L    | OFF | 6.5   |
| 12/22                  | 1.0 FT  | 1.0 CI | OFF | 1.0 AR           | OFF    | 1.0 AR             | OFF | 4.0   |
| Intensity 3 = 18 Hours |         |        |     |                  |        |                    |     |       |
| 12/29                  | 2.5 SS  | 1.0 AR | OFF | 1.25 TT<br>or HI | 1.0 AR | 1.25<br>PI:CC/SI:S | OFF | 7.0   |
| 1/5                    | 2.5 SS  | 1.0 AR | OFF | 1.25 TT<br>or HI | 1.0 AR | 1.25<br>PI:CC/SI:S | OFF | 7.0   |
| 1/12                   | 1.0 FT  | 1.0 CI | OFF | 1.0 AR           | OFF    | 1.0 AR             | OFF | 4.0   |



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| Intensity 4 = 18 Hours |        |        |     |                  |        |                    |     |     |
|------------------------|--------|--------|-----|------------------|--------|--------------------|-----|-----|
| 1/19                   | 2.5 SS | 1.0 AR | OFF | 1.25 TT<br>or HI | 1.0 AR | 1.25<br>PI:CC/SI:S | OFF | 7.0 |
| 1/26                   | 2.5 SS | 1.0 AR | OFF | 1.25 TT<br>or HI | 1.0 AR | 1.25<br>VO2/SI:S   | OFF | 7.0 |
| 2/2                    | 1.0 FT | 1.0 CI | OFF | 1.0 AR           | OFF    | 1.0 AR             | OFF | 4.0 |
| Intensity 5 = 18 Hours |        |        |     |                  |        |                    |     |     |
| 2/9                    | 2.5 SS | 1.0 AR | OFF | 1.25 TT<br>or HI | 1.0 AR | 1.25<br>VO2/SI:S   | OFF | 7.0 |
| 2/16                   | 2.5 SS | 1.0 AR | OFF | 1.25 TT<br>or HI | 1.0 AR | 1.25<br>VO2/SI:S   | OFF | 7.0 |
| 2/23                   | 1.0 FT | 1.0 CI | OFF | 1.0 AR           | OFF    | 1.0 AR             | OFF | 4.0 |

### Workout Key

- ▶ AR = Active Recovery
- ▶ SS = Steady Spinning
- ▶ CI = Cadence Intervals
- ▶ SLT = Single Leg Training
- ▶ PI = Pyramid Intervals
- ▶ PI:CC = Pyramid Intervals: Constant Cadence
- ▶ TT = Time Trial Intervals
- ▶ HI = Hill Intervals
- ▶ SI:L = Sprint Intervals: Long
- ▶ SI:S = Sprint Intervals: Short
- ▶ VO2 = VO<sub>2</sub> max Intervals
- ▶ **Red** = High Intensity Workout