

Pittsburgh Dirty Dozen Training Plan



Objective:

- Get into the best hill-climbing shape of your life and compete at your very best in the 2018 Pittsburgh Dirty Dozen Bike Ride on November 24, 2018.
- Conquer riding up some of the steepest streets in the world!

Cost: \$189

What's Included:

- **Training Plan** - You will receive a customized 2 months training plan starting September 20th, 2018. This training plan is designed to increase hill climbing power, endurance, anaerobic capacity power, mental toughness, recovery, climbing efficiency, and pacing up hills.
- **Phone Calls** - You will receive a weekly call.
- **Data Analysis** - We will analyze together during our phone calls your power, heart rate, speed, and training data.
- **Personal VIP Advice** - Danny Chew will share with you hands on advice for specific tactics for each hill on the course.
- **Advice for Day of Event** - You will receive specific advice on what equipment, gearing and clothing to use specifically for this event.

Questions: Steven Perezluha, stevenacrossamerica@gmail.com, 407-619-5304

Registration & Additional Details: <http://stevenperezluha.com/event-specific-training-plans/>