



2019 State Road Race Championships Training Plan



3-Months



July 18-
October 20



Objective:

- Get into the best possible shape and compete at your very best for the 2019 Florida State Road Championships on the weekend of October 19-20, 2019.
- Improve your FTP, hill climbing efficiency, all-around strength and ability, and learn the art of winning!

Cost: \$250

What's Included:

- **Training Plan** – You will receive a customized 3 months training plan starting July 18, 2019 and ending October 20, 2019. This training plan is designed to maximize your road racing abilities and to learn valuable training techniques specific for this event. Training plan features key state road race workouts and hill simulations to prepare for the state road race.
- **Data Analysis** - We will analyze together during our phone and video calls your power, heart rate, speed, and training data.
- **Phone Calls** - You will receive a weekly call.
- **FaceTime Video Calls** - You will receive 2 video calls.
- **Advice for Day of Event** - You will receive specific advice on what equipment, gearing and clothing to use specifically for this event.
- **Coaching Recon Ride** - We will complete this ride within one month before the State Road Race itself. This will preview the road race course and lay out execution plan for race day.

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

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