



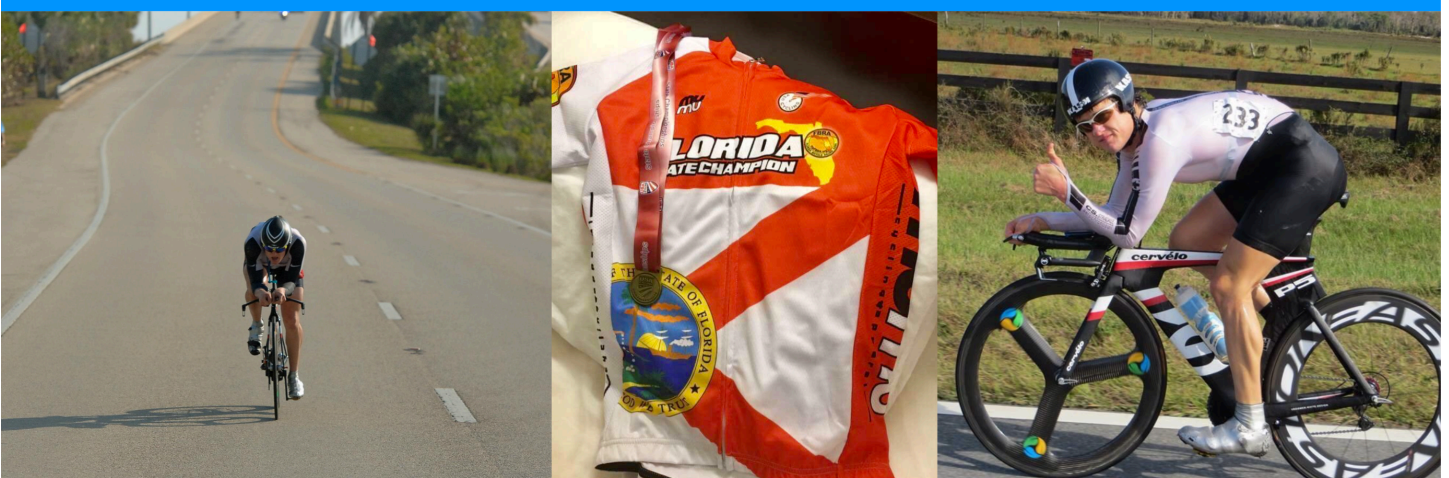
# 2019 State Time Trial Championships Training Plan



2-Months



February 6-  
April 7



## Objective:

- Get into the best time trial shape of your life and compete at your very best in the 2019 Florida State TT Championships on April 7, 2019.
- Develop better pacing and mental toughness to master the art of the time trial!

**Cost:** \$189

## What's Included:

- **Training Plan** – You will receive a customized 2 months training plan starting February 6, 2019 and end April 7, 2019. This training plan is designed to maximize your time trial abilities and to learn valuable techniques specific for this event.
- **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.

**Questions:** Steven Perezluha, [stevenacrossamerica@gmail.com](mailto:stevenacrossamerica@gmail.com), 407-619-5304

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