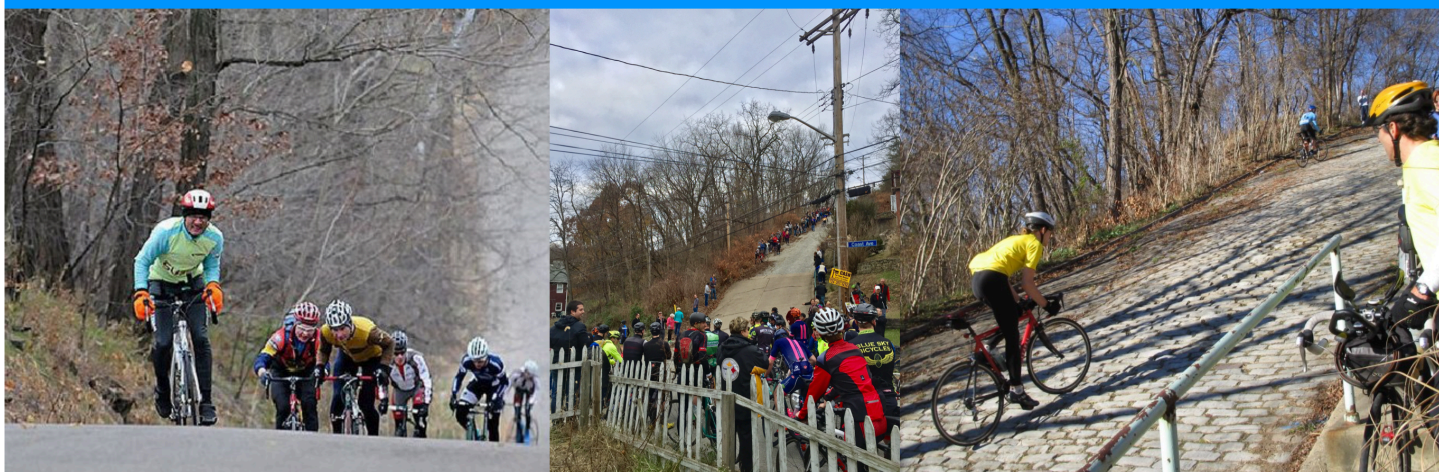


2019 Pittsburgh Dirty Dozen Training Plan

2-Months



September 29-
November 30



Objective:

- Get into the best hill-climbing shape of your life and compete at your very best in the 2019 Pittsburgh Dirty Dozen Bike Ride on November 30, 2019.
- 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 29th, 2019 and ending on November 30, 2019. 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/>