



Pensacola Cycling Classic Race Execution Plan



September 14-15



2019



TIME SENSITIVE! START NOW! EXECUTION PLAN STARTS 9/1/19

Objective:

- Fine tune your execution plan for the 2019 Subway Pensacola Cycling Classic Stage Race on September 14-15, 2019
- Go into race prepared, nonchalant, and with a purpose
- Fine tune your race strategy and tactics for the race with logistics
- Execute your winning plan for role as individual or teammate

Cost: \$79

What's Included:

IN 1-HOUR PHONE CALL AND/OR DOCUMENT FINE TUNING FOR EACH RACE:

- Warm up plan
- Equipment advice
- Nutrition advice before, during and after each race

PRE RACE:

- Training leading into event (2 week training Plan)
- Detailed overview of entire event
- Race strategy, tactics, and savvy dialed in!
- Course overviews of each race
- Phone call with strategy advice and logistics
- Time Trial workout to prepare for time trial

POST RACE:

- Race data and result analysis

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

Registration & Additional Details: <http://stevenperezluha.com/pensacola-cycling-classic-race-execution-plan/>