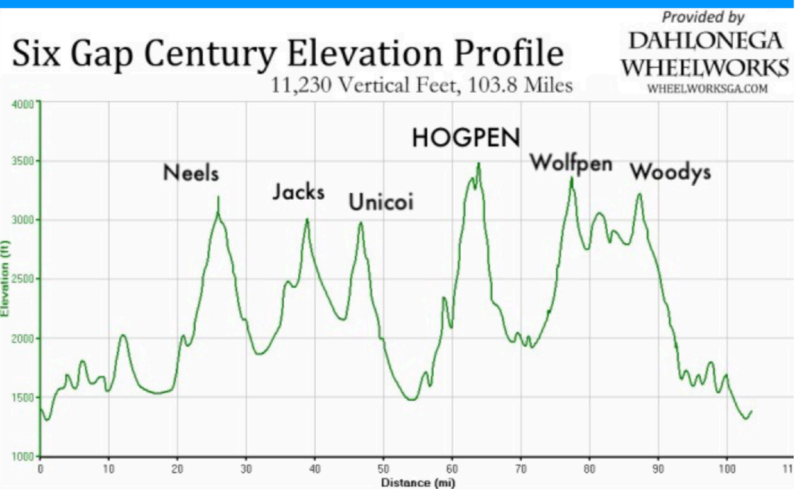
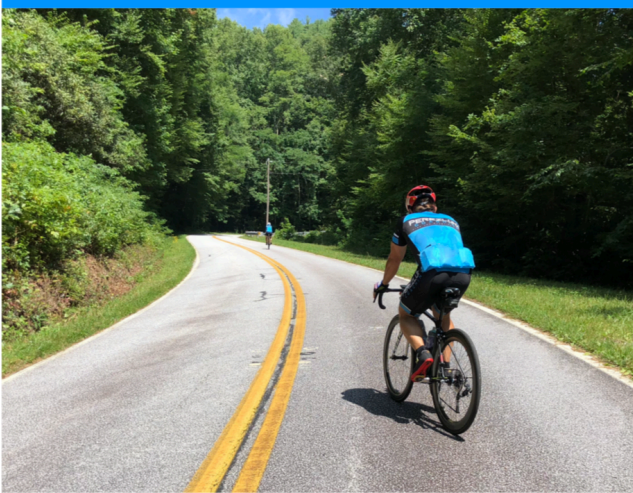


2019 6-Gap Century Training Plan

2-Months



July 28-
September 29



Objective:

- Get into the best mountain-climbing shape possible and ride at your very best in the 2019 3 or 6-Gap Century Ride on September 29, 2019.
- Improve your FTP, all-around power, climbing efficiency and ability, and pacing.
- Conquer the toughest climbs in Georgia for first time or improve upon previous efforts.
- Ride or compete in the 3 or 6-Gap Century ride with confidence and go into this event with the best possible preparation.

Cost: \$189

What's Included:

- **Training Plan** - You will receive a customized 2 months training plan starting July 28, 2019 and ending on September 29, 2019. This training plan is designed to improve hill climbing power, endurance, threshold power, mental toughness, recovery, climbing efficiency, and pacing up hills and climbs.
- **Phone Calls/Feedback** - You will receive weekly feedback and phone calls.
- **Data Analysis** - You will receive feedback on your power, heart rate, speed, and training data.
- **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/>