



# 2022 State Time Trial Championships Training Plan



6-12 Weeks



December 12, 2021-  
March 6, 2022



## Objective:

- Get into the best possible time trial shape and compete at your very best in the 2022 Florida State TT Championships on March 6, 2022
- Improve your FTP
- Develop better pacing, mental toughness, and master the art of the time trial

## Cost:

- \$30/Week 6-12 Weeks (Weekly Feedback); Daily Feedback for \$35/Week
- \$299 for entire 12 Weeks (Weekly Feedback); Daily Feedback \$399

## What's Included:

- **Training Plan** – You will receive a customized 6-12 week training plan with 4 training days per week starting anytime between December 12, 2021 thru February 23, 2022 and ending on March 6, 2022. 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 your power, heart rate, speed, and training data together during our phone calls. The training program includes weekly feedback with daily feedback available for additional \$\$
- **Phone Calls** - You will receive a weekly call
- **Advice for Day of Event** - You will receive specific advice on what equipment, gearing and clothing to use specifically for this event
- **Performance Test or TT**-Includes a self threshold test or time trial practice test
- **State TT Recon/Skills Day**-We will have a course recon day with specific TT skills the day before the event. This session will be 50% off for State TT plan riders

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

**Registration & Additional Details:** <https://stevenperezluha.com/2022-florida-state-time-trial-championships-training-plan/>