



2022 State Time Trial Championships Training Plan



6-12 Weeks



January 9, 2022-
April 3, 2022



Objective:

- Get into the best possible time trial shape and compete at your very best in the 2022 Florida State TT Championships on April 3, 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 \$369

What's Included:

- **Training Plan** – You will receive a customized 6-12 week training plan with 4 training days per week starting anytime between January 9, 2022 thru February 20, 2022 and ending on April 3, 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, 407-619-5304

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