



# 2022 TT and Base Building Training Plan



2 or 3  
Months



2022



**\*New Clients Only**

## Objective:

- Build a strong base and fitness foundation essential for improving your overall power and FTP
- Improve your time trial ability and learn valuable tips for racing your best time trial (need for speed)
- Develop better pacing and mental toughness to master the art of the time trial!

## Cost:

- \$179 (2-Months Weekly Feedback); Daily Feedback for \$229
- \$259 (3-Months Weekly Feedback); Daily Feedback for \$319

## What's Included:

- **Training Plan** – You will receive a customized 2 or 3 months training plan with 4 training days per week starting in 2021 at anytime and lasting 2-3 months. This training plan is designed to maximize your time trial abilities and improve your base fitness.
- **Data Analysis** - We will analyze together during our phone and video calls your power, heart rate, speed, and training data. The training program includes weekly feedback with daily feedback available for additional \$\$.
- **Performance Test or TT** - This training plan will include 1-2 performance tests include threshold testing and race day peak performance
- **Phone Calls** - You will receive a weekly call.

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

**Registration & Additional Details:** <https://stevenperezluha.com/2022-tt-and-base-building-training-plan/tt-and-base-building-training-plan-2/>