

**April 16-17,
2022**



CENTRAL FLORIDA HILLS CYCLING CAMP - CLERMONT



Camp Host: Steven Perezluha



**Registration Deadline:
April 11, 2022**



- ~ 2 days, 150 miles, 9,000+ feet of climbing
- ~ Key workouts including sustained climbing techniques, pedaling efficiency, body positioning, cadence, and optimal shifting
- ~ Cornering and Descending Clinic
- ~ Pacing and Time Trial practice in the hills
- ~ Key hill workouts with W/KG (power/weight)
- ~ Hands on Coaching with power testing, data analysis, and feedback
- ~ Group skill sessions (Tri bikes and road welcomed)
- ~ Homemade meals, snacks, Hammer Nutrition, and pro SAG Support with espresso included during ride
- ~ Cost:
- ~ \$259 (2-Day Camp)
- ~ \$429 (Friday + Saturday Lodging Shared Room)
- ~ \$599 (Friday + Saturday Lodging Solo Room)
- ~ PayPal Registration **(DEADLINE 4/11/22)**
- ~ StevenPerezluha.com/events/

Questions:

- ~ 407-619-5304
- ~ stevenacrossamerica@gmail.com