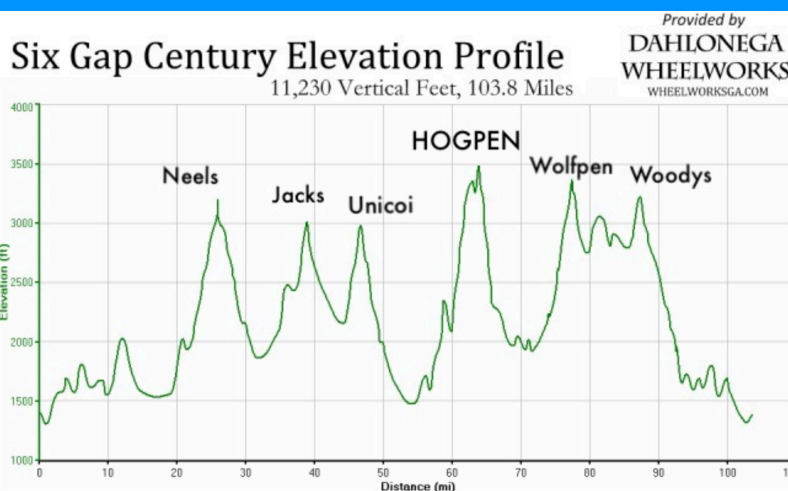
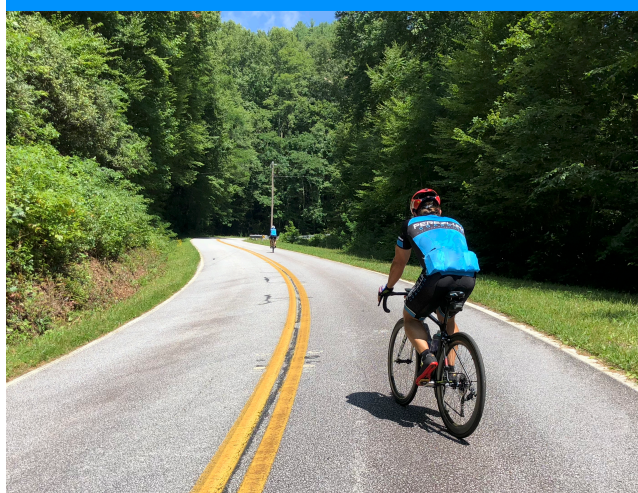


# 2022 6-Gap Century Training Plan

2-4  
Months



May 25-  
September 25



## Objective:

- Get into the best mountain-climbing shape possible and ride at your very best in the 2022 3 or 6-Gap Century Ride on September 25, 2022.
- 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:** \$199 2 Months (\$259 Daily Feedback); \$289 3 Months (\$369 Daily Feedback); \$379 4 Months (\$479 Daily Feedback)

## What's Included:

- **Training Plan** - You will receive a customized 2-4 months training plan with 4 training days per week starting May 25-July 25, 2022 and ending on September 25, 2022. 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 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](mailto:stevenacrossamerica@gmail.com), 407-619-5304

[Registration & Additional Details \(Click Here\)](#)