



2023 TT and Base Building Training Plan



3-6
Months



2023



***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:

- \$229 (2-Months Weekly Feedback); Daily Feedback for \$299
- \$299 (3-Months Weekly Feedback); Daily Feedback for \$379

What's Included:

- **Training Plan** – You will receive a customized 2 or 3 months training plan with 4 training days per week starting in 2023 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, 407-619-5304

Registration & Additional Details: <https://stevenperezluha.com/2023-tt-and-base-building-training-plan/>