



# FTP and Power Boost Training Plan



2-3 MONTHS



2024



## Objective:

- Build a strong base and fitness foundation essential for improving your overall power and FTP
- Build power to help become a stronger and safer rider (be able to maneuver with ease)
- Learn important training fundamentals to help long term growth in cycling and as an athlete

## Cost:

- \$239 (2-Months Weekly Feedback); Daily Feedback for \$309
- \$309 (3-Months Weekly Feedback); Daily Feedback for \$389

## What's Included:

- **Training Plan** – You will receive a customized 2 or 3 months training plan with 4 training days per week starting in 2024 at anytime and lasting 2-3 months. This training plan is designed to increase your FTP 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 to measure progress through a threshold test or 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/2024-ftp-and-base-building-training-plan/>

