



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:

- \$249 (2-Months Weekly Feedback); Daily Feedback for \$329
- \$329 (3-Months Weekly Feedback); Daily Feedback for \$429

What's Included:

- **Training Plan** – You will receive a customized 2 or 3 months training plan with 4 training days per week starting in 2025 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, 407-619-5304

Registration & Additional Details: <https://stevenperezluha.com/2025-ftp-and-base-building-training-plan/>