



2025 State Road Race Championships Training Plan



4-8 Weeks



September
2025



Objective:

- Get into the best possible shape and compete at your very best for the 2025 Florida State Road Championships on the weekend of October 25-26, 2025
- Improve your FTP, hill climbing efficiency, all-around strength and ability, and learn the art of winning!
- Come into state road race with best possible preparation with training and course analysis

Cost:

- **\$109 (4 Weeks-Weekly Feedback); Daily \$139**
- **\$159 (6 Weeks-Weekly Feedback); Daily \$199**
- **\$199 (8 Weeks-Weekly Feedback); Daily \$249**

What's Included:

- **Training Plan** – You will receive a customized 4-8 Week training plan starting in September, 2025 and ending October 27, 2025. This training plan is designed to maximize your road racing abilities and to learn valuable training techniques specific for this event. Training plan features key state road race workouts and hill simulations to prepare for the state road race
- **Data Analysis** - We will analyze together during our phone and video calls your power, heart rate, speed, and training data
- **Phone Calls** - You will receive a weekly call
- **In Depth Course Analysis Guide**-Includes in depth course analysis of course profile
- **Advice for Day of Event** - You will receive specific advice on what equipment, gearing and clothing to use specifically for this event
- **Coaching Recon Ride** - We will complete this ride within one month before the State Road Race itself. This will preview the road race course and lay out execution plan for race day

Questions: Steven Perezluha, stevenacrossamerica@gmail.com, 407-619-5304

Registration & Additional Details: <https://stevenperezluha.com/2025-florida-state-road-race-championship-training-plan-4-8-weeks-109-249-reconride/>