

CIS TRAINING SYSTEMS™

RIDE SYSTEM™

Complete User Manual

Your Ride. Your Goal. Your System.

TRAIN → POST → GET REVIEWED → IMPROVE

30+ YEARS OF COACHING EXPERTISE / CIS ESTABLISHED 2009

MEMBER GUIDE / EDITION 5.6

Your daily coaching loop.

One account. One history. Start here, then keep it simple.

01 OPEN RIDE SYSTEM™

Sign in at console.ciscycling.com with your existing CIS email and newest six-digit code. Start in My Coaching on phone or Today on desktop.

02 TRAIN IN TRAININGPEAKS

Open My Training. Add your selected CIS program to your existing TrainingPeaks account and choose its start date. Already installed? Follow today's workout there.

03 POST MY RIDE™

Add screenshots (up to four; 4 MB total), individual Strava activity links, or both from one ride. Confirm the date and goal. Complete your required athlete reflection. Strava links are references, not imported metrics.

04 READ YOUR COACHING FEEDBACK

Post once and wait for the saved review. Read Fix This First™ and your next action. Use the saved review for eligible discussion or entitled coaching support.

05 KEEP YOUR TRAINING HISTORY

Your saved ride and reflection populate My Training Log™ automatically. Open the saved review from the entry. No second diary entry is needed.

YOUR WORDS COMPLETE THE EVIDENCE.

Clear screenshots support performance analysis. Strava links are saved references. Your required reflection explains the experience. FIT/TCX/CSV uploads are not yet available.

WHEN YOU HAVE A MINUTE

Community & Events: connect with CIS. CIS PULSE™: a brief weekly check-in. EQ Snapshot™: an optional deeper reflection. Progress & Belts: revisit verified development.

TRAIN → POST → GET REVIEWED → IMPROVE

CIS TRAINING SYSTEMS™

RIDE SYSTEM™

Complete How-to Guide

Your Ride. Your Goal. Your System.

TRAIN → POST → GET REVIEWED → IMPROVE

One account. One connected history. Clear steps for your phone and desktop.

START WITH THE DAILY LOOP

Follow your training. Post clear evidence and your athlete reflection. Read the coaching feedback. Keep the next focus in view.

THEN EXPLORE

Community • Events • Progress • Belts • CIS PULSE™ • EQ Snapshot™ • My Training Log™

30+ YEARS OF COACHING EXPERTISE
CIS Training Systems™ - Established 2009

Reviewed against the October 15, 2026 release. Feature availability follows verified membership and personnel permissions. Interface details are real screenshots; private member responses and community messages are excluded.

Your first five minutes

Keep it simple. Get connected, then complete the daily loop.

01 Open console.ciscycling.com and sign in using your existing CIS email and the newest six-digit code.

02 Check your identity, active membership/training and earned Belt. Resolve a mismatch without creating another account.

03 Phone: begin in My Coaching. Desktop: use Today and the sidebar. Open My Training to see the current reference or your TrainingPeaks handoff.

04 After the ride, choose Post My Ride™. Add readable screenshots, individual Strava activity links, or both. Confirm the date and complete the required athlete reflection.

05 Post once and wait for the saved review. My Training Log™ automatically contains the reflection and coaching feedback. Read Fix This First™ and the next action.

Three distinctions that protect your history

Choosing a screenshot is not a saved review. Selecting a program is not proof of TrainingPeaks installation. An installment payment is not a new program purchase.

Your guide to the guide

Use the linked contents to go directly to a task. Every chapter provides the action, expected result and recovery guidance. The on-screen User Manual follows the same content.

Open the on-screen manual

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HOW-TO 01 / GET CONNECTED

01 Start Here: your first visit

Use one CIS account across your phone, Console and purchased training.

WHAT TO DO

01 Open console.ciscycling.com. Use the email already connected to your CIS membership or purchase.

02 Request a six-digit login code and enter the newest code from your email.

03 Complete only the onboarding or activation steps shown for your account. Returning members keep their existing identity.

04 Check your name, membership, active training and earned Belt. On phone, begin in My Coaching. On desktop, use the main Console and its navigation.

WHAT TO EXPECT

Your verified account and available training appear. Some tools require active training access.

IF YOU NEED HELP

If the account or Belt looks wrong, stop and contact CIS through your established support channel. Do not create another account to solve an access issue.

HOW-TO 02 / GET CONNECTED

02 Find your way: phone and desktop

One application, two layouts, the same athlete history.

WHAT TO DO

01 Phone: My Coaching is the everyday starting point. Training, Community, Events and Profile remain the core tabs. CIS PULSE™ and EQ Snapshot™ are also direct navigation actions.

02 Desktop: use the sidebar for Today, Review My Ride™, training, log, community, progress, charts, events and supporting tools.

03 A desktop workspace slides in from the right for supported internal pages. Use Close, Escape, or its return action to leave the panel.

04 Secure external payment and TrainingPeaks pages open separately. Installing the PWA does not change your entitlements.

WHAT TO EXPECT

Your identity, verified records and saved reviews remain shared across devices.

IF YOU NEED HELP

Use the live console.ciscycling.com domain. An older preview URL is a separate deployment and may not include current fixes.

HOW-TO 03 / GET CONNECTED

03 Sign in and sign out

Enter the existing secure CIS experience.

WHAT TO DO

01 Enter your CIS account email and choose Email My Login Code.

02 Check your inbox and spam folder. Enter the newest six-digit code in the code screen; never paste it into community chat.

03 Choose Sign In. Codes are one-time use and expire after ten minutes. Request another code if the old one has expired.

04 Use Change email / Cancel to correct an address. Wait a minute before requesting another code.

05 Sign Out on a shared device. A securely retained session may let you return without another code until that session expires.

WHAT TO EXPECT

You see your own athlete account. Installing the app does not bypass sign-in or grant paid access.

IF YOU NEED HELP

If no email arrives, check the address and spam folder, then wait before resending. Use the newest code. Do not create another account, share credentials, or repurchase access to solve sign-in. The email link remains a fallback during the transition.

HOW-TO 04 / GET CONNECTED

04 Payment verification and program access

Pay once through CIS. Continue with the same account.

WHAT TO DO

01 Movement: choose your 12-week program and use the established secure CIS checkout. The program totals $149.85: three scheduled payments of $49.95.

02 Return through the checkout redirect and sign in with the same verified email used for purchase.

03 Check Purchase Status if shown. The Console verifies payment before providing paid program access.

04 When access is confirmed, Training opens with Add Program to TrainingPeaks. Collective included programs follow direct selection without checkout.

WHAT TO EXPECT

A checkout redirect alone does not prove payment. Server-verified payment or included membership determines access. Existing installments are separate from a new program purchase.

IF YOU NEED HELP

If access is still processing, check status again. Do not purchase twice or create another account. No automatic new-program renewal starts when you view a recommendation.

HOW-TO 05 / GET CONNECTED

05 Goals and onboarding

Give your training a purpose while preserving your previous progress.

WHAT TO DO

01 When goal setup is requested, enter your name and primary goal.

02 Add a target event and date when known.

03 Enter realistic training availability and the riding information requested on the screen.

04 Review and save your answers. Returning athletes review existing goals instead of resetting their history.

WHAT TO EXPECT

Saved goals and context help interpret subsequent riding evidence. They are not a fitness test or proof of readiness.

IF YOU NEED HELP

Use verified facts. If you have no target event, leave optional event fields blank. A purchase or coaching change should not erase prior accomplishments.

HOW-TO 06 / TRAIN & GET COACHED

06 Fitness Diagnostic™

Establish a starting point from evidence you actually have.

WHAT TO DO

01 Choose the displayed diagnostic protocol that matches your completed test.

02 Enter exact interval power and the requested duration or ramp result.

03 Add heart rate, cadence, effort rating and other context when available.

04 Run My Fitness Diagnostic and read the result, confidence and next action.

WHAT TO EXPECT

Measured results and estimates are distinguished. An 8-minute result is a fitness marker, not FTP.

IF YOU NEED HELP

Do not use an arbitrary segment or guess missing metrics. Only complete testing appropriate to your established coaching instructions.

HOW-TO 07 / TRAIN & GET COACHED

07 Fix This First™ and recommendation

Turn diagnostic evidence into one clear preparation priority.

WHAT TO DO

01 Read the reported priority and the evidence behind it.

02 Review the recommended Path and its One Sheet when provided.

03 Compare the recommendation with your goal and practical training availability.

04 Use the displayed next action; review actual purchase terms before any checkout.

WHAT TO EXPECT

A recommendation helps you decide; it does not itself enroll you or change a verified purchase.

IF YOU NEED HELP

If evidence is incomplete, improve the input rather than treating an estimate as a confirmed result. Prices and available coaching options come from the live purchase screen.

HOW-TO 08 / TRAIN & GET COACHED

08 My Coaching: your daily starting point

One account. One coaching experience.

WHAT TO DO

01 Open My Coaching on mobile; use the Console on desktop.

02 Check your verified name, earned Belt, current program and next action.

03 Use the core mobile tabs: My Coaching, Training, Community, Events and Profile.

04 After your ride, choose Post My Ride™ and review the saved feedback.

WHAT TO EXPECT

Available coaching follows your active membership and coaching level. Journey provides optional deeper evidence.

IF YOU NEED HELP

Allow account loading to finish before checking missing access.

HOW-TO 09 / TRAIN & GET COACHED

09 My coaching support: use your entitled level

One system, different levels of support.

WHAT TO DO

01 Open My coaching support or the verified coaching action in My Coaching/Profile.

02 Basic uses RIDE SYSTEM™ workout reviews. Guided includes a monthly 30-minute call; Performance a bi-weekly 30-minute call.

03 Elite and Premium include weekly 60-minute coaching, with Premium the highest-touch service. Confirm your actual active entitlement before scheduling.

04 Use the booking link shown for your account. Bring your relevant saved review, training log and one clear priority.

05 After the conversation, follow the confirmed coaching instruction. A dashboard recommendation alone does not prove a prescription changed.

WHAT TO EXPECT

Your verified coaching level determines the support offered. Movement members are not assessed against coaching calls they do not receive.

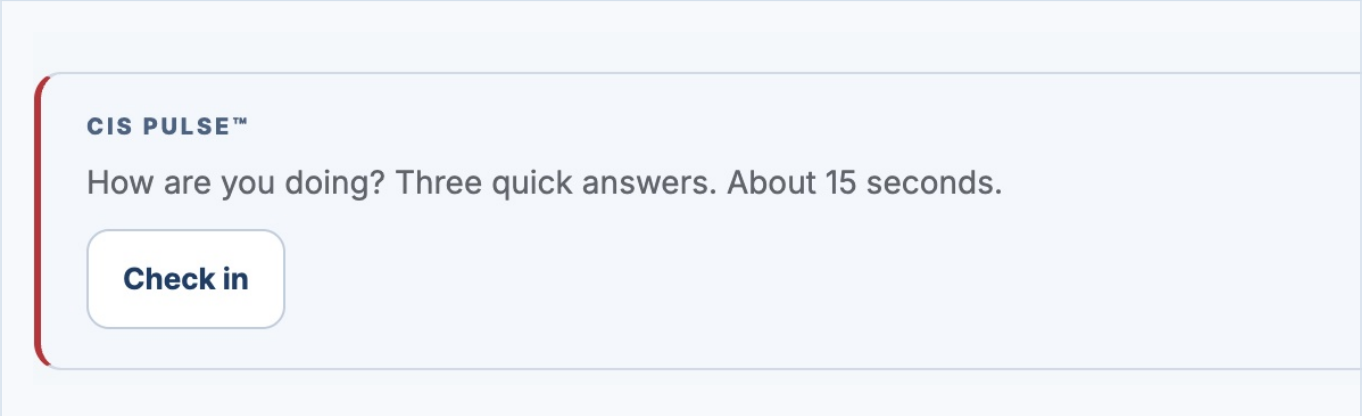
IF YOU NEED HELP

If the expected booking action is missing, check active membership and contact CIS support. Do not buy again merely to reveal a link.

HOW-TO 10 / TRAIN & GET COACHED

10 CIS PULSE™: your weekly check-in

We listen to the athlete as well as reviewing the ride.



CIS PULSE™ invitation detail. Check-in responses remain private; this is an optional weekly reflection.

WHAT TO DO

01 Choose CIS PULSE™ in navigation, or Check in when the My Coaching invitation appears.

02 Rate THE RIDER (overall feeling), THE CYCLING (training), and THE ATHLETE (confidence in progress). Use the same 1–5 anchors: Very poor, Poor, Okay, Good, Very good.

03 Add an optional note for your coach, then submit once.

04 A weekly check-in takes about 15 seconds. Skip or defer when needed. An already-saved week may show a confirmation rather than a new questionnaire.

WHAT TO EXPECT

Responses stay with your verified identity and are private to you and authorized personnel. Sustained low responses may flag coaching attention. Sentiment alone does not diagnose a condition or automatically alter training.

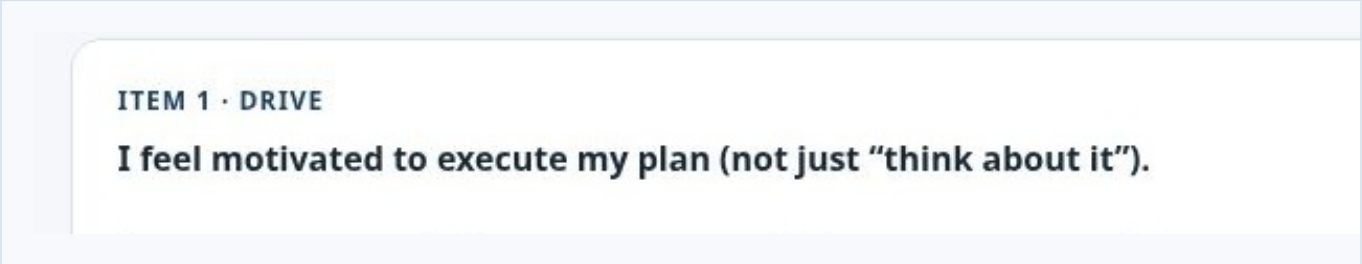
IF YOU NEED HELP

Use your established coaching support for an urgent personal issue. Check-in reminders are in-app; the system does not promise medical monitoring or push alerts.

HOW-TO 11 / TRAIN & GET COACHED

11 EQ Snapshot™: emotional execution reflection

A deeper optional reflection, separate from CIS PULSE™.



Real EES-12 item detail. The full response scale is 1–5; low and mixed responses require explanatory notes. No private saved answers are shown.

WHAT TO DO

01 Choose EQ Snapshot™ in navigation or Take My EQ Snapshot™ in My Coaching. Your existing identity is used.

02 Reflect on the last 14 days. Rate all 12 items across Drive, Confidence, Intensity, Focus, Emotion and Resilience.

03 Use the 1–5 scale: Low, Weak, Mixed, Strong, High. Responses 1–3 require an explanatory note of at least four characters.

04 Choose optional context only when it applies. Save My Snapshot once, or Skip for now.

05 Read the six domain averages, overall self-reported result and one reflection priority. Revisit history or Print / Save as PDF. A follow-up is optional around 14 days later.

WHAT TO EXPECT

Answers and notes are private. This is not EQ-i®, a validated psychometric assessment or a medical diagnosis. Low scores do not automatically change training, zones, medication or Belt status.

IF YOU NEED HELP

If Save does not work, check that all 12 ratings and required notes are complete. Use established human support for significant concerns; this tool is not urgent medical monitoring.

HOW-TO 12 / TRAIN & GET COACHED

12 My Training: TrainingPeaks to feedback

TrainingPeaks delivers the workouts. RIDE SYSTEM™ reviews your execution.

WHAT TO DO

01 Open Training in RIDE SYSTEM™ and check your verified program or coaching plan.

02 Use Add Program to TrainingPeaks for a selected catalog program, or Open My TrainingPeaks for an existing coaching plan.

03 Add the free CIS plan to your existing TrainingPeaks account and choose its start date there. Opening a link is not proof that the plan was added.

04 Follow the TrainingPeaks workouts. When your session is complete, return to RIDE SYSTEM™ and choose Post My Ride™.

05 Post a clear ride report with its actual date and goal. Read and retain the coaching feedback.

WHAT TO EXPECT

When the existing TrainingPeaks feed is connected, exact daily workout details may also appear in the Console. The handoff does not require a new API connection. Your existing personalized coaching prescription is not reassigned by catalog selection.

IF YOU NEED HELP

The CIS catalog plans are free in TrainingPeaks. If a price appears, do not pay a second time; contact CIS. Missing daily details in RIDE SYSTEM™ are not an approval request or a fabricated replacement workout.

HOW-TO 13 / TRAIN & GET COACHED

13 12-week training and your access window

Keep training duration separate from paid access.

WHAT TO DO

01 Your catalog program contains 12 weeks of training. Choose its TrainingPeaks start date when you add the plan.

02 RIDE SYSTEM™ shows the verified program cycle, access-through date and retained evidence.

03 The stored access window may be 90 days. It is not the same as 12 weeks, and it does not add extra workouts.

04 Use Post My Ride™, reviews and available progress checks throughout your training. View deeper history through Journey when needed.

WHAT TO EXPECT

The ending-program prompt uses 84 inclusive days from the verified CIS cycle start. It does not change your stored access end or scheduled installments. A TrainingPeaks start-date change is not automatically synchronized back to CIS.

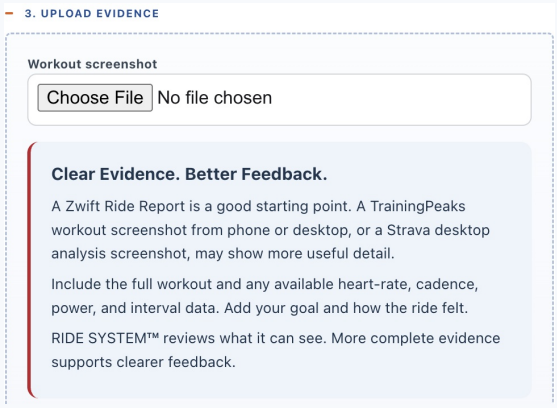
IF YOU NEED HELP

If your actual TrainingPeaks start differs from the CIS cycle, contact CIS to reconcile timing. Your earned Belts, certificates and previous reviews remain with your existing account.

HOW-TO 14 / TRAIN & GET COACHED

14 Post My Ride™ on desktop

One ride. All available evidence. One coaching review.



SCREEN REFERENCE

Real upload guidance. TrainingPeaks phone/desktop or Strava desktop analysis can provide more detail than a summary image; only readable evidence can support a review. This earlier screen reference shows the screenshot controls; the live evidence panel also includes STRAVA ACTIVITY LINK.

WHAT TO DO

01 Open Review My Ride™ in the desktop Console.

02 In ADD YOUR RIDE EVIDENCE, choose screenshots, paste individual Strava activity links, or combine both for the same ride. Screenshots are not required when you supply a supported Strava activity link.

03 Add up to four JPG, PNG or WebP screenshots, under 4 MB total. Use complementary views of the same ride; remove an incorrect image before submitting.

04 Paste up to three full https://www.strava.com/activities/... links, one per line. Use activity links, not profile or shortened sharing links. Do not combine separate rides into one submission.

05 Confirm the actual ride date and workout goal. Complete the required Athlete Training Log reflection: how the ride felt, what worked, and what was difficult.

06 Choose Post My Ride™ once and wait for the saved review. Reopen the result through My Training Log™ or your saved review history.

WHAT TO EXPECT

Your reflection and saved review enter My Training Log™ automatically. Strava URLs are saved as references; a URL alone does not import heart rate, cadence, power or speed, or prove correct workout execution.

IF YOU NEED HELP

FIT, TCX and CSV uploads are not available yet. PDF and GPX are not accepted as ride evidence; course GPX belongs in Event Ready™. If a submission times out, check saved history before retrying. Reusing an already posted activity may be blocked to protect against duplicate reviews.

HOW-TO 15 / TRAIN & GET COACHED

15 Clear evidence: choose the right screenshot

Better evidence supports clearer feedback.

WHAT TO DO

01 A Zwift Ride Report is a good starting point.

02 For more detail, use a TrainingPeaks workout screenshot from phone or desktop, or a Strava desktop analysis screenshot.

03 Include the full workout and any available heart-rate, cadence, power and interval data. Keep labels and values readable; avoid tiny, blurred or cropped metrics.

04 Match the image to the actual ride date and session. Check your reflection against what the image shows.

05 Share your goal and experience in the required training-log note. Do not expose unrelated personal or payment information in the image.

06 Use complementary views of the same ride. Duplicate images are rejected. If dates or metrics conflict, the review should state the limitation rather than combine incompatible evidence.

07 A private or inaccessible Strava activity stays a saved reference. RIDE SYSTEM™ does not scrape private Strava content or invent metrics from its URL.

08 Use one ride per submission. Separate rides on the same date stay separate. Conflicting evidence may require clarification rather than a combined score.

WHAT TO EXPECT

RIDE SYSTEM™ reviews what it can see. Missing metrics remain unavailable, not zero. A screenshot with more fields is useful only when those fields are readable.

IF YOU NEED HELP

If the image contains only summary averages, the review cannot legitimately reconstruct second-by-second traces or exact interval behavior. Upload the clearest appropriate view. Original screenshot files are not currently retained for reopening; keep your originals. Saved references, evidence metadata, reflection and coaching feedback remain available.

HOW-TO 16 / TRAIN & GET COACHED

16 Post My Ride™ on your phone

One ride. All available evidence. One coaching review.

WHAT TO DO

01 Open Post Ride in the phone navigation using your existing CIS account.

02 In ADD YOUR RIDE EVIDENCE, choose screenshots, paste individual Strava activity links, or combine both for the same ride. Screenshots are not required when you supply a supported Strava activity link.

03 Add up to four JPG, PNG or WebP screenshots, under 4 MB total. Use complementary views of the same ride; remove an incorrect image before submitting.

04 Paste up to three full https://www.strava.com/activities/… links, one per line. Use activity links, not profile or shortened sharing links. Do not combine separate rides into one submission.

05 Confirm the actual ride date and workout goal. Complete the required Athlete Training Log reflection: how the ride felt, what worked, and what was difficult.

06 Choose Post My Ride™ once and wait for the saved review. Reopen the result through My Training Log™ or your saved review history.

WHAT TO EXPECT

Your reflection and saved review enter My Training Log™ automatically. Strava URLs are saved as references; a URL alone does not import heart rate, cadence, power or speed, or prove correct workout execution.

IF YOU NEED HELP

FIT, TCX and CSV uploads are not available yet. PDF and GPX are not accepted as ride evidence; course GPX belongs in Event Ready™. If a submission times out, check saved history before retrying. Reusing an already posted activity may be blocked to protect against duplicate reviews.

HOW-TO 17 / TRAIN & GET COACHED

17 Review My Ride™: understand your feedback

Turn evidence into your next coaching action.

WHAT TO DO

01 Open the saved review from My Training Log™, Review History™, or a chart data point linked to a review.

02 Read Execution, Guardrails, What Went Well, Needs Attention, What the Evidence Means, Fix This First™ and Next Action. Check source limitations and any conflicting evidence before drawing conclusions.

03 Follow the CIS interpretation sequence: heart rate = COST; cadence and gearing = METHOD; speed and power = OUTPUT. Units are different; do not compare their raw numbers as one scale.

04 Keep the single Fix This First™ priority in view. A suggestion is not proof that a training prescription has changed.

05 Discuss this Review is enabled only for eligible Needs Attention reviews. Other classifications are grayed out. Use entitled human coaching support when a human review is recommended.

WHAT TO EXPECT

Discussion uses the selected saved workout context and Coach David's Codex™. A system-generated response reflects the coaching framework; it is not a claim that Coach David individually approved every message.

IF YOU NEED HELP

If discussion is gray, check the review classification. If enabled but unavailable, reload the saved review and use the established support route for unresolved coaching concerns. Do not infer missing physiological evidence.

HOW-TO 18 / TRAIN & GET COACHED

18 Intelligence beneath RIDE SYSTEM™

Understand guidance through the coaching experience.

WHAT TO DO

01 Read your workout review, Fix This First™ and stated evidence strength.

02 Use saved history and optional Journey tools for supporting detail.

03 Use Daily Training Tip in CIS Live™ for general training education.

04 Discuss personal coaching decisions through your authorized coaching support.

WHAT TO EXPECT

THE SYSTEM AI™ operates underneath RIDE SYSTEM™. There is no separate member-facing Ask AI chatbot.

IF YOU NEED HELP

A community tip or summary does not replace your private workout review or coach-approved plan.

HOW-TO 19 / SEE YOUR PROGRESS

19 My Progress / Progress Check

Compare evidence across the cycle.

WHAT TO DO

01 Open My Progress or Progress Check.

02 Review the available baseline, Day 30, Day 60 and Day 90 evidence.

03 Use the displayed checkpoint form to record a completed test accurately, including units and date.

04 Compare saved trends and the next recommended checkpoint.

WHAT TO EXPECT

Progress comes from posted evidence, not membership level or a single illustrative number.

IF YOU NEED HELP

Use comparable test conditions where your coaching protocol calls for them. A missing checkpoint is not a failed result.

HOW-TO 20 / SEE YOUR PROGRESS

20 My Performance Charts™: read the evidence visually

Your training, trends and progress made visible.

WHAT TO DO

01 Open My Performance Charts™ through My Progress / Journey or the available supporting navigation.

02 Choose 30 Days, 90 Days or All Time. These are date ranges, not a promise that every archive is connected.

03 Explore Performance Triangle, Cadence & Execution, Fitness Progression, Training Consistency, Progression Proof, Belt & Participation Journey, and Emotional Execution where records support them.

04 Tap an available data point to see the date, value, unit, source and context. Open a saved review when that point has a review link.

05 Read the evidence limitations. Distinguish measurements from estimates, completed workouts from posted evidence, and self-reported emotional execution from physiological results.

WHAT TO EXPECT

Missing data is not zero. Heart rate, cadence, speed and watts do not share a meaningful raw scale. A rising line is not automatically improvement.

IF YOU NEED HELP

An empty family means suitable verified records are unavailable for that range. Post comparable evidence or use the proper fitness/proof assessment; never invent a checkpoint.

HOW-TO 21 / SEE YOUR PROGRESS

21 Fitness Check: FTP, HR and 8-minute tools

Use the Console calculator with verified input.

WHAT TO DO

01 Open Fitness Check and choose the appropriate test or calculator.

02 Enter exact test metrics in the labeled fields and confirm units.

03 Use the calculation action, then review the stated measurement or estimate.

04 Use the displayed export, report or zone controls when needed.

WHAT TO EXPECT

Different protocols support different conclusions. Estimates remain estimates.

IF YOU NEED HELP

If an uploaded image populates values, verify every field before calculation. An 8-minute result should not be treated as directly measured FTP.

HOW-TO 22 / SEE YOUR PROGRESS

22 FTP Goals™

Review fitness, training and performance goals together.

WHAT TO DO

01 Open FTP Goals™.

02 Read the existing goal categories and current values shown.

03 Use the available controls to review or adjust goals where your account permits it.

04 Save through the displayed action and use the updated goal as context for training evidence.

WHAT TO EXPECT

Goals provide direction; completed evidence establishes progress.

IF YOU NEED HELP

Do not overwrite a goal because an estimated result looks different. Keep your real-world event date and training availability accurate.

HOW-TO 23 / SEE YOUR PROGRESS

23 Review History™ and saved review details

Revisit completed coaching without reposting the ride.

WHAT TO DO

01 Open Review History™ on desktop or Review My Ride™ history on Quick Post.

02 Use Refresh if needed, then select the saved ride by date.

03 Read the saved review and its supporting evidence without reposting the ride.

04 Return to the list or choose My History for the broader EPD Library.

WHAT TO EXPECT

Opening history reads an existing result. It does not run a new analysis or create another workout.

IF YOU NEED HELP

If a ride is missing, first confirm the account and whether posting completed. Do not duplicate a ride merely to refresh the list.

HOW-TO 24 / SEE YOUR PROGRESS

24 My Training Log™: your automatic diary

Post once. Keep the history.

WHAT TO DO

01 Choose My Training Log™ in the desktop sidebar, My Coaching, or Profile.

02 Successful posted rides already appear by ride date, with the saved athlete reflection and coaching focus. Open the day and choose Open Saved Review for full detail.

03 Open saved Strava references from the entry or review. A saved link may still require Strava sign-in or permission. Keep original screenshots: the current release saves their metadata, not a downloadable copy.

04 Check the timestamps: review saved time is the source review timestamp; manually entered reflections show Entered and, after an edit, Updated times. The timezone is displayed.

05 Choose another year to read legitimately available records. A missing day does not prove you did not train.

06 For a day without a ride post, choose Add Rest / Recovery Entry, select the date/type, add the purpose and reflection, then Save My Reflection. This is not required after a successful ride post.

07 Edit an existing manual reflection when needed. Earlier revisions remain preserved; if another session changed it, reload before saving.

WHAT TO EXPECT

The log reads saved reviews in place; it does not duplicate them or invent workout evidence. Training/rest/recovery reflections are labeled self-reports.

IF YOU NEED HELP

If a new ride is missing, verify the ride date/year and whether the review actually saved. Refresh once. Do not add a duplicate manual entry to hide a failed submission.

HOW-TO 25 / SEE YOUR PROGRESS

25 My Year in Training™: print a continuous journal

Your recorded year, in one branded report.

WHAT TO DO

01 Open My Training Log™ and select the year you want.

02 Check the athlete identity, entry dates and available records before printing.

03 Choose Print / Save Year as PDF. The print view expands the recorded entries and includes the CIS logo and journal identity.

04 Choose your printer, or Save as PDF in the device/browser print dialog. Preview the output before saving or printing.

05 The report flows continuously, with compact date/time headings and no forced page per day. Long entries can span pages naturally.

WHAT TO EXPECT

Athlete words remain unchanged; coaching feedback is labeled separately. The page count depends on the recorded content, not 365 calendar days.

IF YOU NEED HELP

Print settings vary by browser and device. If controls appear in the printout or text is cut, cancel, reload the current live log, reopen Print / Save Year as PDF, and check Letter-size margins and scaling.

HOW-TO 26 / SEE YOUR PROGRESS

26 Print and save reports

Use the report’s own print action.

WHAT TO DO

01 Open the saved certificate, EQ Snapshot report, Training Log, Event Ready EPD, or eligible operations EPD.

02 Choose its Print / Save as PDF action where available. Some reports open in a new tab or window; allow the specific report to open.

03 In the browser print dialog, choose your printer or PDF destination. Check page size, scale and the preview.

04 Save the file somewhere you can find it. Printing a report does not change the underlying athlete record.

WHAT TO EXPECT

The yearly journal flows continuously. A certificate or individual EPD has its own report layout.

IF YOU NEED HELP

If nothing opens, check browser popup/download settings for console.ciscycling.com. Try the report in the main browser rather than an embedded panel, and keep the existing report identity.

HOW-TO 27 / SEE YOUR PROGRESS

27 My History: your EPD Library

Keep earned reports accessible across cycles.

WHAT TO DO

01 Open My History through Journey / What's Inside RIDE SYSTEM™ or the available history action.

02 Choose a saved cycle and the report category offered.

03 Open the stored report and read its date and original context.

04 Use print or download controls provided by that report.

WHAT TO EXPECT

Historical reports preserve the context at the time they were created. They do not certify current readiness or current access.

IF YOU NEED HELP

Expired training access should not require you to erase old records. New intelligence may require a currently active Path.

HOW-TO 28 / PLAN & PARTICIPATE

28 Event Ready™: build your event plan

Turn course demands into preparation backed by your evidence.



Real course-upload interface detail. The lap/mileage selector determines whether multiplication is appropriate.

WHAT TO DO

01 Open Event Ready™. Choose a GPX course file and enter the event name, date and event type.

02 Enter the race lap count. Choose whether GPX mileage represents the full event or one lap.

03 Full event keeps the GPX distance; one lap multiplies that distance by laps. Do not multiply a full-event route again.

04 Add relevant course details when useful. Choose Build My Event Plan and wait for the completed result.

05 Read course demands, the match to available athlete evidence, preparation priorities and the TriFecta Coaching™ EPD. Reopen verified saved events when available.

WHAT TO EXPECT

New analysis requires verified active training access. Saved plans retain their original evidence and course context.

IF YOU NEED HELP

If five laps appears as an implausible total, verify GPX mileage coverage before rebuilding. Missing elevation remains unverified, not zero.

HOW-TO 29 / PLAN & PARTICIPATE

29 Event Ready™: your TriFecta Coaching™ EPD

Keep a clear preparation and execution report.

WHAT TO DO

01 Open the saved event plan.

02 Choose View My TriFecta Coaching EPD and check total distance, laps and GPX coverage.

03 Read course demands, Fix This First™ and evidence limits.

04 Print or save the report as PDF. After the event, post your completed ride for review.

WHAT TO EXPECT

Course totals and per-lap averages follow the selected coverage. Saved reports are not silently rewritten.

IF YOU NEED HELP

Return to the Console using Back. Event planning does not automatically change training or programs.

HOW-TO 30 / PLAN & PARTICIPATE

30 One CIS Events Calendar

Find events and prepare with verified eligibility.

WHAT TO DO

01 Open Events on mobile or the CIS Events Calendar on desktop.

02 Review Wednesday Worlds™, Super Saturdays™, Coach & Learn™, March and September vTraining Camps, and the May–July Team Time Trial Challenge.

03 Review Training Camp — Conquer the Blue Ridge, May 26–30, 2027, and additional listed CIS events.

04 Check the event details, eligibility, registration and applicable fee before joining.

WHAT TO EXPECT

A shared calendar does not make every event free. Dates, access and registration follow the published event and verified entitlements.

IF YOU NEED HELP

In-app unread indicators are not a guarantee of email or push notifications. Contact CIS about missing eligibility or schedule details.

HOW-TO 31 / PLAN & PARTICIPATE

31 My Belt and certificates

Recognize earned identity and preserve proof.

WHAT TO DO

01 Open My Belt and read your verified current Belt.

02 Review the available earned history and certificate control.

03 Open the certificate and use its print action or your browser’s Save as PDF option.

04 Check the name and earned level before keeping or sharing your certificate.

WHAT TO EXPECT

Coaching or membership level is separate from earned Belt status. Advanced verified Black Belt levels must remain intact. Community Contribution™ remains proposed; the 10% weighting is not enforced. Coach David retains final promotion authority. No automatic Belt awards or retroactive demotions.

IF YOU NEED HELP

If a verified Belt appears wrong, contact CIS with your existing identity; do not create a duplicate athlete or re-earn an already verified level. Allow the certificate popup if your browser blocks it.

HOW-TO 32 / PLAN & PARTICIPATE

32 Profile, account identity and supporting tools

Understand the picture built from saved evidence.

WHAT TO DO

01 On phone, choose Profile. Check your verified identity and current Belt.

02 Open Training Programs, My Training Log™, coaching feedback, and Journey from the available links.

03 Use My Belt Journey™ and the certificate link to open your verified award record.

04 Use ADD TO MY PHONE for installation instructions. Command Center™ appears only for authorized personnel.

05 The advanced Athlete Profile in Journey summarizes your saved evidence, recurring patterns and history; it does not independently change your training.

WHAT TO EXPECT

The profile summarizes known records. It does not change your plan by itself.

IF YOU NEED HELP

Low confidence means the picture is limited or older. Add completed evidence rather than assuming a blank measure is a strength.

HOW-TO 33 / PLAN & PARTICIPATE

33 My Direction, What’s Next and Why This

Understand recommendations and their evidence.

WHAT TO DO

01 Open the available direction or intelligence view through Journey / What’s Inside RIDE SYSTEM™.

02 In My Direction, read the proposed adjustment and the supporting evidence.

03 In What’s Next, review predictions and stated confidence as projections.

04 In Why This, read the reasoning chain and any conflicts that need coach review.

WHAT TO EXPECT

These views explain evidence and recommendations. They do not automatically change your Path, training zones or TrainingPeaks schedule.

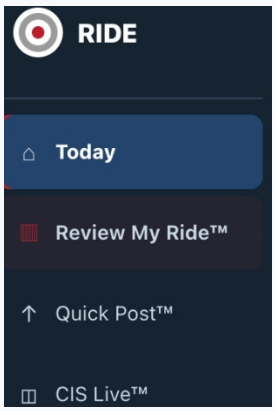
IF YOU NEED HELP

Only follow an authorized adjustment. A prediction is not a proven result, and unavailable views should not be treated as active services.

HOW-TO 34 / PLAN & PARTICIPATE

34 Desktop Journey and What’s Inside RIDE SYSTEM™

Keep the everyday coaching experience simple.



SCREEN REFERENCE

Desktop sidebar reference. Labels and available items follow the current release and verified account access; What’s Inside RIDE SYSTEM™ replaces the older More label.

WHAT TO DO

01 Keep the daily loop simple: Train → Post → Get Reviewed → Improve. Use the primary phone tabs for everyday work.

02 Use Profile for programs, My Training Log™, installation, verified Belt records and other supporting links.

03 On desktop, use the sidebar. Internal supported features open in a self-contained workspace; Close or Back returns to the Console.

04 Open What’s Inside RIDE SYSTEM™ for the feature guide. Use User Manual for these step-by-step instructions.

05 Open optional Journey for deeper evidence and analysis. External secure checkout and TrainingPeaks handoffs open separately.

WHAT TO EXPECT

Movement and Collective use the same account and ecosystem with different levels of support.

IF YOU NEED HELP

If a desktop link lands in the phone page, use the main Console / Journey entry. A feature may be absent when your verified membership or staff role does not include it.

HOW-TO 35 / PLAN & PARTICIPATE

35 Add RIDE SYSTEM™ to your phone

One icon. One tap to My Coaching.



ADD TO MY PHONE is an installation action, not a second account or a new purchase.

WHAT TO DO

01 After verified payment and account activation, choose ADD TO MY PHONE when offered.

02 Android: accept the native installation prompt when supported.

03 iPhone: open in Safari, choose Share, then Add to Home Screen. Confirm the RIDE SYSTEM™ name and CIS icon.

04 Choose Not Now to defer. Return using the same account; sign in again if your session expires.

WHAT TO EXPECT

The installed app opens to My Coaching with membership-appropriate access. Installation does not create a second account or bypass authentication.

IF YOU NEED HELP

Browser support varies. Installation does not guarantee offline posting or push alerts; keep using the browser if installation is unavailable.

HOW-TO 36 / MANAGE YOUR EXPERIENCE

36 Recovery, account care and your daily loop

Finish each session with a clear next action.

WHAT TO DO

01 If a page stalls, read its status, wait for active processing, then use the displayed retry or refresh action.

02 Check the signed-in email before investigating missing access, history or Belt identity.

03 When a charge or activation is pending, check its status; do not pay again to force access.

04 Return to the daily loop: Train in TrainingPeaks → Post in RIDE SYSTEM™ → Receive Feedback → Apply your next focus.

WHAT TO EXPECT

Your records belong to the same athlete across desktop and mobile. No Post = No Review = No Feedback.

IF YOU NEED HELP

For an unresolved identity, payment or coaching issue, contact CIS through your established support channel with the page name and plain-language error. Keep credentials private.

HOW-TO 37 / MANAGE YOUR EXPERIENCE

37 Quick troubleshooting: recover without starting over

Preserve your identity and history.

WHAT TO DO

01 No code: confirm your CIS email, check spam, wait before resending, use the newest six-digit code.

02 Missing purchase or membership: check verified account and purchase status; do not pay twice.

03 No daily workout: the program is preserved. Check the linked TrainingPeaks plan and the displayed source; do not assume RIDE SYSTEM™ generated a replacement prescription.

04 Upload error: use a readable supported image, actual date, active training access and a complete required reflection.

05 Missing diary entry: check saved review status and selected year. No record is created by merely choosing a photo.

06 Gray review discussion: only eligible Needs Attention reviews enable discussion.

07 Missing tip history or UI change: reload the live domain, not an old protected preview.

08 Conflicting manual-log edit: reload the latest entry before saving. Earlier revisions are preserved.

WHAT TO EXPECT

A failure message is a recovery instruction, not proof that a charge, review or training change occurred.

IF YOU NEED HELP

For unresolved issues, send CIS the feature name, plain-language error and relevant date. Do not share login codes, passwords, card data or private self-reports in community chat.

HOW-TO 38 / MANAGE YOUR EXPERIENCE

38 Movement™ and Collective™ access

One community. Different levels of coaching support.

WHAT TO DO

01 Movement members choose and purchase a 12-week Path, then receive verified program access and entitled feedback.

02 Active Collective members have all 20 catalog programs included. Pick a program directly; no request, approval or checkout is needed for an included selection.

03 Both memberships share CIS Live™, eligible events, workout accountability and Belt development.

04 Personal coaching support follows the verified coaching level. Changes to personalized coaching prescriptions remain coach decisions.

WHAT TO EXPECT

Upgrades preserve your identity, earned Belts, certificates, training history, reviews, community and program history. Holds or inactive membership do not grant current included access.

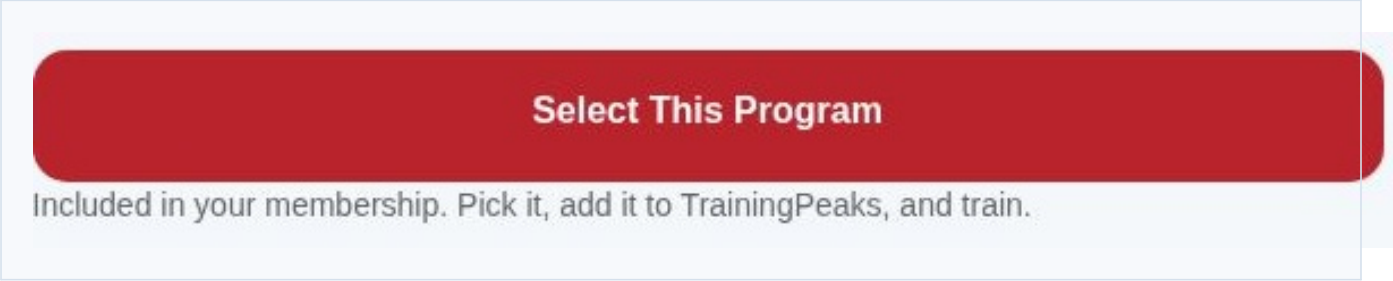
IF YOU NEED HELP

Sign in before selecting an included program. Catalog choice does not automatically rewrite your coaching plan or change payment records.

HOW-TO 39 / MANAGE YOUR EXPERIENCE

39 Pick your program and add it to TrainingPeaks

Pick → TrainingPeaks → Train → Post → Feedback.



Included-program selection control in the real catalog. Read the One Sheet first. Selection opens the TrainingPeaks handoff; it does not prove the plan was installed there.

WHAT TO DO

01 Open Training Programs from Profile or the Console. Browse all 20 Paths; Find My Training Program™ is optional.

02 Review the program purpose, representative sample workout and One Sheet. Sample workouts appear in program details.

03 Collective: choose Select This Program. The server verifies included membership, saves your choice and opens the exact TrainingPeaks plan.

04 Movement: choose Buy This 12-Week Path, complete secure checkout, and return for verified access.

05 Add the plan to your existing TrainingPeaks account and select a start date. Train there, then return to Post My Ride™ in RIDE SYSTEM™.

WHAT TO EXPECT

Collective catalog selection is immediate and requires no coach approval. A saved selection remains available for an eligible returning member. It does not confirm a TrainingPeaks installation or automatically replace a personalized coaching prescription.

IF YOU NEED HELP

An included Collective selection never starts checkout. If membership cannot be verified, refresh and resolve access instead of paying again. Select the program you intend to follow in TrainingPeaks.

HOW-TO 40 / MANAGE YOUR EXPERIENCE

40 The 20 Training Paths

Find a purpose that fits your next 12 weeks.

WHAT TO DO

01 Browse the catalog and open the purpose, compact representative workout, and approved One Sheet for the program.

02 Use Find My Training Program™ if you want guided selection; direct catalog browsing remains available.

03 Catalog: ROADWORK™, DIESEL™, METRONOME™, PRESSURE POINT™, GRAVITY LAB™, BREAKPOINT™, CRIT CLOCKWORK™, GRAVEL GRINDER™, TRI YOUR BIKE™, RACE AGAINST THE CLOCK™, FONDO FORMULA™, BREAKAWAY PROTOCOL™, LAST LAP™, RAZOR'S EDGE™, VERTICAL LIMIT™, CROSS CONTROL™, STAGECRAFT™, MANHATTAN PRESSURE COOKER™, BROOKLYN BATTLE PASS™, UPTOWN ACCELERATOR™.

04 Follow your verified included-selection or purchase flow. Confirm the exact plan in TrainingPeaks and choose the start date there.

WHAT TO EXPECT

A representative workout explains the training style; it is not your current personal prescription. Program selection does not automatically install or synchronize a TrainingPeaks plan.

IF YOU NEED HELP

If a One Sheet or plan handoff fails, record the program name and error and contact CIS. Never select a different program simply because its link opens.

HOW-TO 41 / MANAGE YOUR EXPERIENCE

41 Your next 12 weeks

A recommendation comes before your next purchase.

WHAT TO DO

01 For eligible Movement programs, check My Coaching near the end of training. In-app prompts become due at 14, 7 and 2 days while unanswered.

02 Choose your next step. YES — CONTINUE saves your interest and shows program options; NO — NOT NOW saves your decision without a renewal.

03 Read the next-program recommendation and its evidence. It uses your saved goal, current-cycle assessment when available, and saved workout reviews.

04 Repeated coaching priorities may support continuing development. Missing review or fitness evidence is stated; improvement is not assumed.

05 Choose the next program yourself. Collective members select included catalog programs directly; Movement members verify any existing purchase before a new checkout.

WHAT TO EXPECT

Recommendations are CIS evidence rules beneath RIDE SYSTEM™. They do not automatically charge, renew, activate training or alter coaching prescriptions. Existing scheduled installments are not a new program purchase. Collective subscription continuation remains separate.

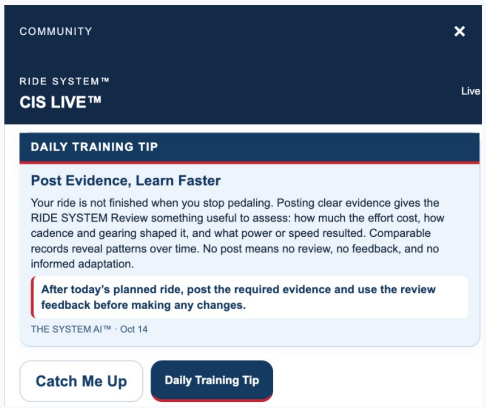
IF YOU NEED HELP

Reminders appear in the app when you return; email and push reminders are not connected. A coaching-attention flag is guidance to address feedback, not an approval gate for included catalog selection.

HOW-TO 42 / MANAGE YOUR EXPERIENCE

42 CIS Live™: connect with your team

One live conversation for Movement and Collective.



SCREEN REFERENCE

Community header, coaching tip and Catch Me Up controls. This cropped capture excludes member messages. Tip History is available in the current header.

WHAT TO DO

01 Choose Community on phone or CIS Live™ on desktop. Desktop opens a panel on the right, keeping the Console visible.

02 Read the Daily Training Tip at the top. Messages scroll underneath it. Open Tip History to revisit available saved tips.

03 Use Catch Me Up for a compiled conversation summary, then read the relevant original messages for context.

04 Write a useful message or paste a link and choose Send. Read verified member names, Belt labels and Coach badges. Use reactions and approved pins where available.

05 Report questionable content with the report control. Check unread indicators when you return.

WHAT TO EXPECT

Messages and history persist across devices. Access requires verified active membership. Private workout reviews stay in their coaching workflow.

IF YOU NEED HELP

Ride-photo sharing in chat is not yet available. Post ride evidence through Post My Ride™. Community Contribution™ is proposed; the 10% Belt weighting is not enforced and no automatic promotions occur.

HOW-TO 43 / MANAGE YOUR EXPERIENCE

43 Command Center™ and Team Performance™

Authorized personnel turn verified team evidence into decisions.

WHAT TO DO

01 Approved personnel open Command Center™ from the desktop Console or mobile Profile.

02 Review Movement and Collective scorecards, source coverage, attention priorities and actual versus target performance.

03 Review quarterly recommendations and evidence; authorized Coach approval records goals and priorities.

04 Use historical comparisons and export the quarterly EPD where available. Choose Back to Console to return to the same device experience.

WHAT TO EXPECT

Current recommendations use deterministic CIS evidence rules. External model generation and the full nine-year history are not connected. Missing data is shown explicitly. Approval does not automatically change workouts, programs, events or Belts.

IF YOU NEED HELP

Personnel permissions are verified server-side. Member access does not grant confidential athlete drill-down. Team summaries are not a substitute for individual coaching evidence.

Find help without losing your place

Keep the live Console address bookmarked: console.ciscycling.com. Use your existing account, the relevant feature name and the actual date when reporting a problem. Never share login codes, passwords or payment details in community chat.

Train with Purpose. Ride with Confidence.