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