

BREAKAWAY PROTOCOL™

Road Racing

Attack with purpose. Recover with intent.

PROGRAM JOB

Develop attack response, sustained separation power, recovery between surges and road-race repeatability.

BEST FOR

- Road racers who need stronger attack response.
- Riders who can make a move but cannot sustain it.
- Cyclists who struggle to recover after hard surges.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 ANSWER THE MOVE

Build clean attack response and controlled recovery.

2

WEEKS 5-8 SUSTAIN SEPARATION

Extend pressure after the initial surge and settle efficiently.

3

WEEKS 9-12 REPEAT UNDER RACE LOAD

Practice attacking, recovering and re-engaging deeper into fatigue.

EXECUTION RULES

- 1** Choose the move.
- 2** Settle quickly after the surge.
- 3** Recover while staying race-ready.

PROGRESSION PROOF™

LOOK FOR

- More repeatable attacks.
- Faster recovery between hard efforts.
- Less drop-off after repeated surges.

SUCCESS LOOKS LIKE

Answer moves, settle faster and preserve the ability to go again.

CIS EXECUTION RECOMMENDATION

CIS RECOMMENDS ERG OFF

CIS COACHING PRINCIPLE

HEART RATE + CADENCE = SPEED & POWER GENERATION



CIS TRAINING SYSTEMS ZWIFT KIT - BADGE OF HONOR

Available to current and former CIS members.

Wear the kit. Carry the badge. Represent the system.

- 1 Start a Zwift ride on Mac or PC.
- 2 Press P, enter GOCIS, then press Enter.
- 5 Add CISEMEMBER after your display name: John Doe - CISEMEMBER.
CISEMEMBER is the visible Badge of Honor for current or former CIS members.

- 3 Press T to open Garage.
- 4 Select the CIS kit in Garage.

UNLOCK CODE

GOCIS