

BREAKPOINT™

Build Your FTP

Build sustainable power, not fake bravado.

PROGRAM JOB

Develop sustainable cycling power, threshold strength, repeatability and FTP progression.

BEST FOR

- Riders who want a bigger sustainable engine.
- Cyclists who need stronger threshold execution.
- Athletes who want more usable power, not one good test.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4

BUILD THRESHOLD TOLERANCE

Learn to work near threshold without losing execution.

2

WEEKS 5-8

EXTEND SUSTAINABLE POWER

Increase the amount of clean work you can sustain.

3

WEEKS 9-12

PROVE IT UNDER LOAD

Practice carrying threshold control into longer and more demanding work.

EXECUTION RULES

- 1** Respect recovery.
- 2** Complete the work cleanly.
- 3** Do not fake the power.

PROGRESSION PROOF™

LOOK FOR

- More sustainable power.
- Longer time near threshold.
- Better control at hard steady work.

SUCCESS LOOKS LIKE

**More repeatable
sustainable power - not
just one good test.**

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 CISMEMBER after your display name: John Doe - CISMEMBER.
- CISMEMBER 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