

# BROOKLYN BATTLE PASS™

## NYC Race Series

Stay in the fight deep into the race.

### PROGRAM JOB

Develop attack response, positioning demands, repeated efforts, recovery and deep-race durability.

### BEST FOR

- Riders who are competitive early but fade deep.
- Racers who need better response to repeated attacks.
- Cyclists who need more durability under sustained race pressure.

### 12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

**1**

#### WEEKS 1-4 ANSWER AND RECOVER

Build controlled response to repeated attacks and positioning pressure.

**2**

#### WEEKS 5-8 STAY ENGAGED

Increase repeatability and recovery through denser race-like work.

**3**

#### WEEKS 9-12 DEEP-RACE DURABILITY

Practice executing hard efforts when fatigue has already accumulated.

### EXECUTION RULES

- 1** Stay engaged, not frantic.
- 2** Recover without switching off.
- 3** Protect the ability to respond late.

### PROGRESSION PROOF™

LOOK FOR

- More repeatable race efforts.
- Less fade after repeated attacks.
- Better late-session response.

### SUCCESS LOOKS LIKE

**Remain useful deeper into the race instead of fading after the early work.**

### 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**