

CRIT CLOCKWORK™

Criterion

Prepare for repeated race pressure.

PROGRAM JOB

Prepare for repeated accelerations, corner exits, surges, recovery and late-race speed.

BEST FOR

- Criterion racers.
- Riders who need sharper punch for fast race environments.
- Cyclists who struggle to recover between repeated surges.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4

ACCELERATION CONTROL

Build clean jumps and controlled recovery without wasting energy.

2

WEEKS 5-8

REPEAT SURGES

Increase the quality and repeatability of repeated efforts.

3

WEEKS 9-12

RACE EXIT AND FINISH

Practice holding execution deeper into the race while preserving finishing speed.

EXECUTION RULES

- 1** Jump clean.
- 2** Recover with control.
- 3** Stay sharp under pressure.

PROGRESSION PROOF™

LOOK FOR

- More repeatable efforts.
- Faster recovery between surges.
- Better late-race execution.

SUCCESS LOOKS LIKE

Repeat surges, recover more cleanly, and preserve late-race execution.

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