

# CROSS CONTROL™

## Cyclocross

Accelerate. Recover. Do it again.

### PROGRAM JOB

Develop repeated acceleration, cadence disruption tolerance, short-duration power and recovery for cyclocross demands.

### BEST FOR

- Cyclocross racers.
- Riders who struggle after repeated slowdowns and launches.
- Athletes who need faster recovery between short hard efforts.

### 12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

**1**

#### WEEKS 1-4 BURST AND RECOVER

Build clean short accelerations and immediate recovery habits.

**2**

#### WEEKS 5-8 REPEAT THE DISRUPTION

Increase the number and quality of pace changes while staying controlled.

**3**

#### WEEKS 9-12 RACE-SPECIFIC REPEATABILITY

Practice repeated accelerations deeper into race-like fatigue.

### EXECUTION RULES

- 1** Accelerate cleanly.
- 2** Recover immediately.
- 3** Expect cadence disruption.

### PROGRESSION PROOF™

LOOK FOR

- Faster recovery after short efforts.
- More repeatable accelerations.
- Less power drop-off late.

### SUCCESS LOOKS LIKE

**More repeatable  
race-speed changes with  
less loss after each  
acceleration.**

### 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**