

DIESEL™

Endurance

Build the ride that stays strong late.

PROGRAM JOB

Build long-duration capacity, durability, pacing and late-ride execution.

BEST FOR

- Riders preparing for long rides, fondos or centuries.
- Cyclists who fade late.
- Riders who need more durable aerobic strength.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4

ESTABLISH ENDURANCE

Build a durable aerobic base and consistent pacing.

2

WEEKS 5-8

EXTEND DURABILITY

Add time and work while keeping the effort sustainable.

3

WEEKS 9-12

HOLD QUALITY LONGER

Practice sustaining execution deeper into the ride.

EXECUTION RULES

- 1** Keep pressure honest.
- 2** Fuel the work.
- 3** Finish stable.

PROGRESSION PROOF™

LOOK FOR

- Longer duration at similar quality.
- Lower decoupling.
- Steadier heart rate and power.

SUCCESS LOOKS LIKE

Steadier quality and less fade as the ride gets longer.

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