

FONDO FORMULA™

Gran Fondo / Century

Make the last hour look like the first.

PROGRAM JOB

Build long-duration endurance, climbing control, pacing, fueling rhythm and late-ride durability.

BEST FOR

- Gran fondo and century riders.
- Riders who fade after several hours.
- Cyclists who need better pacing and fueling discipline.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 BUILD THE BASE

Establish sustainable endurance, climbing rhythm and fueling habits.

2

WEEKS 5-8 EXTEND THE DAY

Add duration and climbing load while protecting pacing discipline.

3

WEEKS 9-12 FINISH STRONG

Practice event-length execution with better late-ride control.

EXECUTION RULES

- 1** Fuel before you need it.
- 2** Climb below the red line.
- 3** Protect the final hour.

PROGRESSION PROOF™

LOOK FOR

- Lower late-ride drift.
- More stable pacing over longer duration.
- Less fade after repeated climbs.

SUCCESS LOOKS LIKE

Longer rides with steadier pacing and more usable energy late.

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