

GRAVEL GRINDER™

Gravel

Durability for unpredictable terrain.

PROGRAM JOB

Build variable-terrain durability, torque, endurance, cadence changes and pacing.

BEST FOR

- Gravel racers.
- Mixed-surface riders.
- Cyclists who need more resilience on long rough rides.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4

TERRAIN CONTROL

Build pacing and control across changing resistance and terrain.

2

WEEKS 5-8

TORQUE AND DURABILITY

Add work while developing torque and resilience.

3

WEEKS 9-12

RACE-LENGTH RESILIENCE

Practice holding strong execution longer across bigger days.

EXECUTION RULES

- 1** Stay calm on rough terrain.
- 2** Manage effort.
- 3** Fuel and pace the ride.

PROGRESSION PROOF™

LOOK FOR

- Steadier output on variable terrain.
- Less fade.
- Stronger repeatability.

SUCCESS LOOKS LIKE

Steadier control and less fade as terrain and duration get harder.

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