

GRAVITY LAB™

Climbing

Stop fighting the hill. Learn to manage it.

PROGRAM JOB

Develop climbing torque, cadence, sustained power, pacing and control under load.

BEST FOR

- Riders training for hills and mountains.
- Cyclists who lose rhythm on climbs.
- Riders who want better pacing and torque under load.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

- 1 WEEKS 1-4
CLIMBING FORM**
Build efficient form, find cadence and learn to manage effort.
- 2 WEEKS 5-8
SUSTAIN CLIMBING LOAD**
Increase time under climbing load and develop repeatable pacing.
- 3 WEEKS 9-12
APPLY TO REAL CLIMBS**
Practice carrying the work into longer climbs and deeper fatigue.

EXECUTION RULES

- 1** Pace the climb.
- 2** Hold form under load.
- 3** Choose cadence intentionally.

PROGRESSION PROOF™

LOOK FOR

- Less fade uphill.
- More stable climbing power.
- Steadier cadence and better control.

SUCCESS LOOKS LIKE

More rhythm, less wasted effort, and better control on climbs.

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.

UNLOCK CODE

GOCIS

- 3 Press T to open Garage.
- 4 Select the CIS kit in Garage.