

LAST LAP™

Finishing Speed

Arrive with something left to use.

PROGRAM JOB

Develop late-race execution, acceleration, closing speed, positioning awareness and finishing power.

BEST FOR

- Riders who arrive at the finish without speed.
- Racers who sprint well fresh but not tired.
- Cyclists who need better late-race timing and acceleration.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 BUILD CLOSING SPEED

Develop clean acceleration and controllable finishing mechanics.

2

WEEKS 5-8 SPRINT AFTER WORK

Add finishing efforts after sustained race-like pressure.

3

WEEKS 9-12 FINISH UNDER FATIGUE

Practice timing and speed when the legs are already loaded.

EXECUTION RULES

- 1** Position before power.
- 2** Do not sprint too early.
- 3** Make the final effort clean.

PROGRESSION PROOF™

LOOK FOR

- Stronger acceleration late.
- Less sprint-power decay under fatigue.
- Better cadence control in the finish.

SUCCESS LOOKS LIKE

More usable finishing speed after the hard work has already happened.

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