

MANHATTAN PRESSURE COOKER™

NYC Race Series

Stay composed when the race refuses to settle.

PROGRAM JOB

Develop surge control, tempo under stress, repeated pace-change tolerance and late-race execution.

BEST FOR

- Racers facing constantly changing pace.
- Riders who burn matches reacting to every move.
- Cyclists who lose control late after repeated surges.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4

MANAGE THE PRESSURE

Learn to absorb pace changes without unnecessary spikes.

2

WEEKS 5-8

REPEAT THE CHANGE

Build repeatability through alternating tempo, surge and recovery.

3

WEEKS 9-12

CONTROL THE LATE RACE

Practice staying composed and useful deeper into fatigue.

EXECUTION RULES

- 1** Do not react emotionally.
- 2** Settle after every surge.
- 3** Save something for late.

PROGRESSION PROOF™

LOOK FOR

- Lower variability through pace changes.
- Better recovery after surges.
- More stable late-race execution.

SUCCESS LOOKS LIKE

Stay controlled through repeated race pressure instead of being dictated by it.

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