

# METRONOME™

## Cadence

Make cadence intentional.

### PROGRAM JOB

Develop cadence range, stability, transitions, efficiency and force application.

### BEST FOR

- Riders with choppy cadence.
- Cyclists who mash or spin without control.
- Anyone who wants smoother, more intentional pedaling.

### 12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

**1**

#### WEEKS 1-4

#### CADENCE AWARENESS

Learn your natural rhythm and make cadence visible.

**2**

#### WEEKS 5-8

#### RANGE AND CONTROL

Expand usable cadence while keeping movement stable.

**3**

#### WEEKS 9-12

#### APPLY UNDER LOAD

Practice holding cadence intentionally as resistance and fatigue increase.

### EXECUTION RULES

- 1** Cadence is intentional.
- 2** Transitions stay smooth.
- 3** Match the gear to the purpose.

### PROGRESSION PROOF™

LOOK FOR

- Steadier cadence.
- Quicker recovery after cadence changes.
- Better smoothness and control.

### SUCCESS LOOKS LIKE

**Cadence becomes a repeatable tool you can control.**

#### 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**