

PRESSURE POINT™

Tempo

Sustained pressure. Repeatable speed.

PROGRAM JOB

Build sustained pressure, controlled speed, repeatability and fatigue resistance.

BEST FOR

- Riders who need stronger tempo execution.
- Cyclists seeking better group-ride control.
- Riders who want stronger rolling-terrain execution.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4

LEARN TEMPO PRESSURE

Develop sustained tempo, controlled speed and efficient execution.

2

WEEKS 5-8

REPEAT SUSTAINED EFFORTS

Build repeatability and extend duration at tempo.

3

WEEKS 9-12

HOLD SPEED UNDER FATIGUE

Practice maintaining tempo as fatigue and real-world pressure increase.

EXECUTION RULES

- 1** Controlled discomfort.
- 2** No surging.
- 3** Complete the full block.

PROGRESSION PROOF™

LOOK FOR

- More power at a similar effort.
- Better repeatability.
- Less drift with stronger control.

SUCCESS LOOKS LIKE

Longer controlled tempo without losing execution.

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