

RACE AGAINST THE CLOCK™

Time Trial

Pace it. Hold it. Finish it.

PROGRAM JOB

Develop threshold pacing, aero-position durability, cadence control and disciplined time-trial execution.

BEST FOR

- Time-trial riders who start too hard.
- Riders who lose aero position as fatigue builds.
- Athletes who need steadier power from start to finish.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 ESTABLISH PACE

Learn controlled starts, steady output and repeatable aero position.

2

WEEKS 5-8 EXTEND AERO POWER

Increase time at sustainable race pressure while protecting position and cadence.

3

WEEKS 9-12 RACE-SPECIFIC EXECUTION

Practice holding disciplined pace through longer efforts and late-session fatigue.

EXECUTION RULES

- 1** Start controlled.
- 2** Hold position before chasing power.
- 3** Finish stronger than you start.

PROGRESSION PROOF™

LOOK FOR

- Lower pacing variability.
- More time stable in aero position.
- Less late-effort power fade.

SUCCESS LOOKS LIKE

Steadier race-pace execution with less fade from start to finish.

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