

RAZOR'S EDGE™

Sprint Power & Acceleration

Build the launch. Keep the edge.

PROGRAM JOB

Develop peak power, 5-30 second power, launch mechanics, gear selection and repeat-sprint ability.

BEST FOR

- Riders who lack a clean launch.
- Sprinters who lose power after the first effort.
- Cyclists who need better gear and cadence choices at high power.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 BUILD THE LAUNCH

Develop clean acceleration mechanics and purposeful gear selection.

2

WEEKS 5-8 REPEAT THE SPRINT

Improve repeatability without sacrificing quality.

3

WEEKS 9-12 SPRINT UNDER FATIGUE

Practice producing speed after meaningful work and race pressure.

EXECUTION RULES

- 1 Quality before quantity.
- 2 Recover enough to sprint well.
- 3 Match gear to the objective.

PROGRESSION PROOF™

LOOK FOR

- Higher or more repeatable short power.
- Better cadence at high power.
- Less drop-off across repeated sprints.

SUCCESS LOOKS LIKE

A cleaner, more repeatable sprint - not just one isolated power spike.

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 CISEMEMBER after your display name: John Doe - CISEMEMBER.

CISEMEMBER 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