

ROADWORK™

Foundation

Control before intensity.

PROGRAM JOB

Build control, pacing, aerobic discipline, consistency and execution fundamentals.

BEST FOR

- Riders who need structure.
- Cyclists rebuilding their base.
- Anyone who wants a better foundation before harder work.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

- 1 WEEKS 1-4
FIND CONTROL**
Set rhythm, learn pacing and establish aerobic discipline.
- 2 WEEKS 5-8
HOLD CONTROL**
Add more work while keeping the ride stable and repeatable.
- 3 WEEKS 9-12
EXTEND CONTROL**
Hold good execution longer and carry control deeper into the ride.

EXECUTION RULES

- 1** Ride smooth.
- 2** Respect the purpose of the workout.
- 3** No hero efforts.

PROGRESSION PROOF™

LOOK FOR

- Lower heart rate at the same output.
- More stable cadence.
- Better pacing with less drift.

SUCCESS LOOKS LIKE

More control, more stable pacing, and longer clean 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.

UNLOCK CODE

GOCIS

- 3 Press T to open Garage.
- 4 Select the CIS kit in Garage.