

STAGECRAFT™

Multi-Day / Stage Events

One strong day is not the goal.

PROGRAM JOB

Build back-to-back workload tolerance, durability, recovery management and repeatable execution across multiple days.

BEST FOR

- Stage-event riders.
- Touring or challenge riders facing consecutive long days.
- Athletes who perform well once but fade on day two or three.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 LEARN BACK-TO-BACK WORK

Introduce consecutive workload while protecting execution quality.

2

WEEKS 5-8 INCREASE TRAINING DENSITY

Build durability across repeated days and refine recovery habits.

3

WEEKS 9-12 STAGE-WEEK SIMULATION

Practice managing effort, fueling and recovery across event-like blocks.

EXECUTION RULES

- 1** Do not win day one.
- 2** Fuel and recover immediately.
- 3** Protect tomorrow while riding today.

PROGRESSION PROOF™

LOOK FOR

- Less next-day performance loss.
- More stable output across consecutive days.
- Better recovery between sessions.

SUCCESS LOOKS LIKE

More consistent execution from one day to the next.

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