

TRI YOUR BIKE™

Triathlon Bike Leg

Hold speed without ruining the run.

PROGRAM JOB

Build aero durability, sustainable power, cadence discipline, pacing and T2 readiness.

BEST FOR

- Triathletes who need stronger bike execution.
- Athletes who tend to over-bike.
- Riders who need more control in aero position.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 AERO CONTROL

Dial in position, build aero durability and learn efficient pacing.

2

WEEKS 5-8 SUSTAIN POWER IN POSITION

Add more work while maintaining aero consistency.

3

WEEKS 9-12 RACE-SPECIFIC PACING

Practice goal-race pacing while preserving control into T2.

EXECUTION RULES

- 1** Stay aero when appropriate.
- 2** Pace with discipline.
- 3** Preserve the run.

PROGRESSION PROOF™

LOOK FOR

- More sustainable power in aero position.
- Lower heart-rate drift.
- Better bike control before the run.

SUCCESS LOOKS LIKE

Hold bike-leg control while preserving the run that follows.

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